
THE

SHOCK & AWE

PROTOCOL



KETTLEBELL TRAINING FOR SIZE & STRENGTH

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THE SHOCK & AWE PROTOCOL

**A Powerful 4 Week Kettlebell Training
Cycle
For Muscular Size And Strength.**

**by Scott Iardella,
MPT, CSCS, CISSN, SFGII, CK-FMS, USAW**

**A Program For The Intermediate
To Advanced Kettlebell Enthusiast.**

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DISCLAIMER

You must get your physician's approval before beginning any part of this exercise program.

These recommendations are not medical guidelines, but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

See your physician before starting any exercise, nutrition, or supplement program. If you are taking any medications, you must talk to your physician before starting any exercise program, including **The "Shock & Awe" Protocol**. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

It is strongly recommended that have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you not use **The "Shock & Awe" Protocol**, please follow your Doctor's orders.

All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this program, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this program are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise without proper instruction. Always perform a warm-up prior to all forms of training.

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ABOUT THE AUTHOR

CHAPTER ONE: INTRODUCTION.

ONLY THE STRONGEST SHALL SURVIVE.

~Bill Starr

Legendary Strength Coach & Author

The big promise of this program is the following.

You will get a result and you will be challenged. I cannot guarantee what result you will get, but **you will** get a result and it may not be what you think.

This is a proven, powerful 4 week double kettlebell program for size and strength, if you follow the program as it is outlined. I know this because I've done this a few times now and so have others. It works.

There are some prerequisites I want you to know about and fully understand.

You've got to have the kettlebell skills that are outlined. If you're not there yet, come back to this **WHEN** you are ready for it. It will be here waiting for you.

I DO NOT want you attempting this program if you aren't ready for it. However, you may be able to "scale" this program if you do have a baseline kettlebell skill set. You'll find out exactly what I mean in just a bit.

WHAT THIS PROGRAM IS NOT.

I thought it was important to tell you right now what this program is not.

The "Shock and Awe" Protocol (SAP) is not an instructional or "how to use kettlebells" program. There aren't picture demonstrations of the exercises or tips on how to effectively perform each exercise.

WHAT THE PROGRAM IS.

The SAP is proven, powerful 4 week double kettlebell program for muscular size and strength. It's a specific program for a specific result.

So, if you're looking for a program that delivers results, I want to welcome you to the "Shock and Awe" Protocol or SAP.

My name is Scott and I'll fill you in on **everything** you need to know to maximize the results from this intense **4 week double kettlebell training program.**

My hope is that you're ready for this demanding 4 week training cycle and if you've got the appropriate skills, this will be a productive and rewarding 4 weeks ahead for you, without question.

In the coming pages, you'll find out everything you need to know to determine whether this program is a "fit" for you right now or not.

You will also find out how you can possibly "scale" this program to make it work for you, if you're not quite ready for it just yet.

Whether or not you are ready, remember one thing...

Learning how to use kettlebells is one of the very best methods you will ever do to get in the best shape of your entire life. This is a fact. Not a theory.

Now, let's talk about the "Shock and Awe" protocol (SAP).

It's a very demanding program and **you must have a baseline skill set** to do this.

This is NOT a beginner's program.

If you are a beginner, though, I want you to **hold onto this for future use.**

This is one you'll want to use down the line. Depending on your specific goals, this is a program I hope you'll want to challenge yourself with when the time is right.

It's simple, but not easy.

You may be wondering what *exactly* this protocol is and who *exactly* it's for.

No worries, I'll answer all your questions in just a minute. The "Shock and Awe" protocol is a **4 week kettlebell training protocol** that is brutal.

Again, it's a very simple program, but by no means is it easy.

This program is specifically designed for **building strength, muscular hypertrophy, and mental toughness**.

If these are in line with your goals, then this is a program for you.

It will make you stronger and more muscular, among other things.

The program is considered a **mesocycle**, which is a shorter time period, usually between 1 to 3 months.

This program is a brief mesocycle at just 4 weeks. If you're curious why I called this program the "Shock & Awe" protocol, let me explain what this means.

"Shock & Awe" literally means **rapid dominance**. It also means **overwhelming power**. That's exactly what this program is.

BE WARNED: This program is intense and I don't want you to be deceived at the first glance. Not that I think you will be, but I just wanted to mention.

There is really no "ramp up" or "break in" period with the program, so you must have a good baseline to begin with. It's

designed to be a program that requires mental toughness, right from the beginning, hence the name “Shock & Awe.”

All of your questions and all the program details can be found the in the “**Q & A section**” in the next chapter. Please take a look at that now for a complete explanation of the program.

Well, let’s get started...

CHAPTER TWO: QUESTIONS ANSWERED.

Q: WHO IS THIS PROGRAM DESIGNED FOR?

This is an **intermediate to advanced kettlebell program** and **NOT for beginners.**

YOU MUST “OWN” THE 10 EXERCISES LISTED IN THIS PROGRAM. IF YOU DO NOT, PLEASE DO NOT ATTEMPT THIS PROGRAM AT THIS TIME. ONCE YOU HAVE THE SKILL SET, YOU’RE READY FOR THE PROGRAM.

This program is designed specifically for the experienced **kettlebell enthusiast** or **athlete** that has a solid foundation of kettlebell skills.

Not only single kettlebell skills, but **double kettlebell skills.**

This is a brutally effective program, but it requires having baseline strength, mobility, and skill development with double kettlebell exercises.

If you don’t have the double kettlebell skills yet, make sure you put this program in an easy to find location you can refer back to for later use.

I really want you to use [this](#), when you are ready for it.

It's a killer program and it's something to shoot for if you're not quite there yet.

If you are a beginner, my hope is that you will be able to use it in the future.

For now, go to RdellaTraining.com to get more programming ideas for beginners.

As a matter of fact, here's [3 programs for beginners](#) for you right now.

And, check out the [Kettlebells For Beginners](#) DVD to help get you started the right way.

Also, here's [3 programs for the intermediate](#) kettlebell user.

And, of course there are other [advanced programs](#) there, as well.

These references should give you some ideas about what to do, if you're not quite ready for this program yet.

Q: WHAT IF I'M NOT READY FOR THE PROGRAM YET OR DON'T KNOW HOW TO DO ALL THE EXERCISES?

There is some degree of "scalability" with SAP, as you'll see. What I mean by this is that you may be able to adjust the

program slightly, depending on your skill level. For instance, if you haven't learned "long cycle clean and jerks", you can do a clean and press, instead. This is one alternative for this program.

Q: IF I DON'T HAVE TWO KETTLEBELLS, CAN I DO THE PROGRAM WITH ONE?

Yes, you can "scale" the program, however, **it was designed as a double kettlebell program for optimal training benefit**. I didn't want to limit the program to those that didn't have double kettlebells, so the "Shock and Awe" protocol **can be** a "scalable" program, meaning you can scale it as appropriate to your skill level with a single kettlebell. I explain more below.

The **benefits will be different using one kettlebell**, as it will be more of a **metabolic conditioning program**, as opposed to strength and hypertrophy. Keep this in mind.

Again, it was written and tested as a double kettlebell program.

Q: HOW (SPECIFICALLY) DO I SCALE THE PROGRAM TO DO WITH ONE KETTLEBELL?

Review the SAP program outline in the pages ahead.

When you see the exercises and reps listed, you can follow the same sequence of exercises and reps, **except do 5 reps on the**

right, the 5 reps on the left, etc, etc. So, for all exercises, do the prescribed number of reps on each side (whether that's 5 or 10). So, do all the reps outlined on one side, then the other.

It's pretty simple, as you'll see. Again, remember the program was designed as a double kettlebell program. But, this will still be a killer program.

Q: WHAT DOES THE PROGRAM REQUIRE?

Well, you already know that the program requires double kettlebell skills. So, of course, you need **2 kettlebells** that you are proficient using for a good, comfortable 5 reps. This IS NOT your 5 RM (more below on this).

You also need a good baseline of strength and conditioning (as I mentioned).

Q: HOW LONG IS THE PROGRAM?

The SAP is a powerful 4 week program.

You definitely should **de-load after completing the 4 weeks** to recover for a week before repeating the program or initiating another program. I made this program 4 weeks because it's very taxing and 4 weeks was the right time period, before requiring a week of 'recovery' in my opinion.

What do you do in the de-load week? Go back to the fundamentals and work on swings, get ups, presses, and squats. Work on skill development at a lower intensity and give your body a week to recover.

Q: HOW MANY DAYS PER WEEK DO I TRAIN?

This protocol is a **3 days per week training program**, that's it. Monday, Wednesday, and Friday is optimal and you will always want about a **48 hour rest period** in between training sessions, minimum.

I wouldn't recommend any more days because you'll need to **rest and recover** optimally to maximize the benefits of this program. That's being really honest. It's **REALLY** important to recover between sessions and it's a 4 week program for a reason.

Q: HOW DOES THE PROGRAM WORK?

The program is a rapidly progressive protocol that utilizes the raw effectiveness of the double kettlebell complex. It also *escalates* in volume, as you'll see.

The **double kettlebell complex** is very effective training method that offers proven benefits.

Let me review the definition of a **complex** for you, just as a refresher.

A complex is a series of exercises performed sequentially without rest.

So, you will perform **all the exercises** that are listed each day as **one complex**, followed by a brief, specified rest period.

For example, here's a simple kettlebell complex of 3 exercises:

5 kettlebell cleans

5 kettlebell presses

5 kettlebell front squats

This is a kettlebell complex, each done with 5 reps without rest.

When you see the program, you will perform each complex the number of rounds that are specified on each training session.

Repeat the complex with the appropriate number of rounds. You'll see exactly what I mean.

Each training session that is provided will be the complex you for that day.

The number of complexes you do each session will vary, as will the exercises.

Again, think what "shock & awe" means here. It means **rapid dominance** and **overwhelming power**.

While there is a fundamental list of core exercises, the sequence and combination are constantly changing throughout the 4 week training cycle.

Again, it's a 3 day program because *you need* to rest and recover adequately to optimize this program, so do NOT

overtrain.

Q: WHAT WEIGHT SHOULD I USE FOR THE PROGRAM?

***THIS IS CRITICAL TO THE SUCCESS OF THE PROGRAM, SO IT IS VERY IMPORTANT YOU GET THE RIGHT WEIGHT.**

Ideally, you want to use a kettlebell weight that you are **very comfortable** pressing for solid 5 reps. You should understand this is not a 5 rep struggle, but a comfortable 5 reps. And, definitely **NOT your 5 RM** (5 rep max). If in doubt, **go with the lighter bells** to begin with until you get a feel for complexes in the program. Trust me on this.

Q: HOW DOES THE PROGRAM BUILD STRENGTH AND MUSCLE?

The double kettlebell work will, in itself, make you stronger. Keep in mind that there are many different types of strength training programs.

This program will **make you stronger, build muscular endurance, burn body fat, elevate your metabolism, stimulate great hormonal changes, and build lean muscle tissue**, all at the same time.

There are many benefits of this program (some of which I just mentioned), but the SAP is a great way to increase full body strength and power, while building muscle mass. **This is what the program is designed to do.**

Yes, you can build muscle mass with kettlebells and complexes are one of the most effective ways to do this.

Also, keep in mind, there are many other very specific programs that are pure strength programs or pure hypertrophy programs. And, sometimes you can work on both at the same time, as with this particular protocol.

Q: WHY IS THIS PROGRAM JUST 4 WEEKS?

I've found that high physically demanding programs (such as this one) are great for about 4-6 weeks, then require a brief rest period or de-load week to recover optimally and get ready for the next training cycle.

In testing this protocol, 4 weeks was an ideal time frame before requiring a recovery week, getting the most benefit, and getting ready for the next training mesocycle for your specific goals.

Short, sweet, and powerful. And, I've come to really get a lot of benefits from these 4 week rotations or shorter mesocycles.

Q: WHAT SHOULD I DO ON MY "OFF" TRAINING DAYS?

This is an important question everyone wants the answer to. The simple answer is "take off." REST. RECOVER. Take these days off, seriously.

Off means off.

Q: CAN I DO OTHER EXERCISES IN THE SAME TRAINING SESSION?

You will see the answer to this in the pages ahead. I'll provide all my "do's" and "dont's" for the SAP. You can do some other things and I provide guidance for what to do to not compromise the results of the program.

Q: HOW DO I GET THE MOST OUT OF SAP?

Simply follow the program as instructed.

Of course you'll want to keep your **nutrition** in check during the program duration.

Hopefully, your doing this anyway. See the **NUTRITION GUIDE** in the upcoming section.

Q: WHAT SHOULD I DO NEXT?

Review the program exercises and see if you are ready for the "Shock & Awe" protocol right now.

Again, you need to have double kettlebell skills to use the program as it is intended, however, you *may* be able to scale the program, if you're not quite ready for it yet.

If you do the program, post your updates, progress, challenges, and questions on the Facebook Fan Page at [Facebook.com/RdellaTraining](https://www.facebook.com/RdellaTraining).

This is a great way to commit to the program and get support as you're going through the next 4 weeks.

This is a **4 week** hyper-focused double kettlebell **designed for strength and muscular hypertrophy**.

If you have additional questions about the program, email me at scott@rdellatraining.com. Please allow 48-72 hours for a response.

WHAT OTHER EXERCISES ARE “ACCEPTABLE” DURING THIS PROGRAM?

This is a **big question** people want to know about while going through the SAP.

As I mentioned, I do recommend that **off days are OFF days**. This is a 3 day a week program and no more.

RECOVERY IS KEY and if you're used to exercising 5 or 6 days a week, you'll need to scale back during this program.

YOU NEED TO RECOVER BETWEEN SESSIONS.

One of the ways this program is optimized is with proper rest and recovery. If you're an exercise addict and can't train just a few days a week, I probably wouldn't recommend the SAP, to be honest. As much as I LOVE to train, it's VERY important NOT to over-train while doing this program.

With that said, here are things that are acceptable and will NOT interfere with the exercises or results.

- Indian Clubs
- Pull-ups
- Loaded Carries (farmer's walks, suitcase carries, etc.)
Don't over do this, but this is "acceptable."
- Ab Wheel or other abdominal work
- Planks
- "Light" or unloaded turkish get ups or other "light" technical skill work
- Foam rolling
- Primal Move™ or Becoming Bulletproof methods
- Joint mobility, stretching, and corrective exercises
- light jumping rope

HERE'S WHAT TO **AVOID** DURING THE 4 WEEKS.

Why, you ask? The things listed below will interfere with results of the program and will border or exceed the limits of "overtraining."

I realize we all want to do more and doing a program ONLY 3 days can be challenging for some, but the REST & RECOVERY are critical components to this program.

So, here's what NOT TO DO:

- Any other ‘high intensity’ training
- other muscle building methods, techniques, and exercises
- barbell training
- a running program
- sledge hammer work, tire flipping, or sandbag work

YOU GET THE PICTURE?

So. please don't do anything that will stress or tax your musculoskeletal system on “off” days.

One more time, **off days are OFF days**, so don't do anything extra (except for what's listed above on training days) if you want to get the full benefits of this program.

CHAPTER THREE:

SIMPLE SUPPLEMENTATION

Here are the **supplements** I recommend to maximize the results of this program.

It's totally your choice whether you decide to use supplements or not, but I highly recommend it to get the intended results.

As a **Certified Sports Nutritionist (CISSN)** by the **International Society of Sports Nutrition**, I can tell you that I read the data and I believe in the benefits and safety of *smart supplementation*. Smart supplementation is using what works.

I don't want you wasting your money with silly, useless supplements, but there are supplements (like the ones here) that have a **wealth of data** and make sense during intense training programs.

So, what I recommend are things that I truly believe in. Again, it's totally your call and I'm not trying to pitch you on something if you don't truly believe in the benefits. Anyway, these are basic and nothing fancy. There really shouldn't be any surprises here.

Here are the recommended supplements that are suggested to enhance the results of this particular program.

Let's take a look at the 4 essentials:

1-CREATINE MONOHYDRATE.

Creatine monohydrate is a safe, proven ergogenic aid. It's simply an amino acid and is one of **the most studied supplements** on the market with numerous reported benefits in muscle building and health. You don't need a "fancy" creatine, a simple, inexpensive creatine monohydrate will do. I recommend taking 5 grams per day during this program to maximize the results.

If you need more information on Creatine, see the [**Facts and Myths of Creatine**](#).

COST: very inexpensive.

DOSE: 5 grams per day is the widely accepted dose to maintain creatine levels.

2-PROTEIN POWDER.

You'll need to consume more protein during the program to maximize the muscle building effects. How much do you need? This is always a debated topic, however the general consensus of opinion is that .7 to 1.0 gram per pound of bodyweight is excellent for building lean muscle mass.

What brands do I recommend?

Here are few suggestions for you, but the key is make sure you get a **high quality** protein powder.

1.) [**SunWarrior Blend Protein**](#).

2.) **True Athlete Whey Protein**.

3.) I also like the **Reserveage Organics Grass Fed Whey** a lot.

COST: moderately expensive, but easily worth the investment.

DOSE: 1-3 servings per day, depending on how much protein you are already consuming. Best time to take is pre or post training and/or first thing in AM, in my opinion.

3-FISH OIL.

See below on my specific recommendations on Fish Oil and why this is a great idea during this training program. There's abundant research on Fish Oil for optimal health. A simple google search can provide all the details you need. I highly recommend a quality fish oil supplement during the course of this program.

My preferred brand is **PurePharma**.

To read why I like this brand, [click here](#).

COST: moderately expensive.

DOSE: 3-6 grams per day seems to be the most optimal dose.

4-VITAMIN D.

Vitamin D is another great supplement that has incredible benefits for health and performance. It's an inexpensive

supplement, so there's really no excuse not to take this for immune system health, muscle function, and bone health. The research on Vitamin D supplementation is rapidly growing and many people are deficient in this vitamin, so supplementation is a very smart choice.

To read more about benefits of Vitamin D, [click here](#).

COST: inexpensive.

DOSE: 1000-2000 IU's per day during the SAP.

The cost for supplements during the program is not much and will worth the benefits.

These are the **big 4** supplements I'd highly recommend to get the most from SAP.

CHAPTER FOUR:

SIMPLE NUTRITION

There are a few key recommendations on nutrition and supplementation I'd like to point out to maximize the benefits of the "Shock & Awe" Protocol.

1-Use "nutrient timing" strategies around your training session.

Nutrient timing is using the right nutrients at precisely the right time. In the case of the "Shock & Awe" protocol, make sure you get in a carb/protein combination **within 30-45 minutes** of completing your training session. Most research has shown that nutrient timing is very beneficial to optimize training recovery. You'll will need to restore muscle glycogen stores after a "Shock and Awe" training session.

An easy way to do this is with a high quality protein shake post training. You want a combination of carbs and protein, as this has been shown to be optimal to increase **muscle protein synthesis**, which is key in muscle anabolism.

A ratio of **1:1 or 2:1 (carbs to protein)** is sufficient for recovery, increasing muscle protein synthesis for muscle building, and replacing muscle glycogen, among other things. You don't have to overdue the carbs, maybe **20-30 grams** of each is sufficient. Or maybe more.

2-Take a high quality fish oil and vitamin D to assist in recovery, minimize inflammation, and prevent immune system suppression.

These are 2 supplements that are essential to maximize training recovery and health. **High quality** is the key point here, as all fish oils are not created equal. To speed up recovery time, use these supplements, if you're not using them already.

Quality fish oil and vitamin D supplementation is key for all of us, for optimal health and performance. If there are 2 supplements you should take, these 2 are it.

My current **preferred brand** of fish oil (and vitamin D) is [listed here](#). You can read why I prefer this product and it's a brand I definitely recommend. Please read this article if you have blood clotting or bleeding disorders and check with your health care provider prior to taking fish oil.

3-Eat well during this program.

This should be obvious, but make sure you **eat more high quality food** (*whole foods such as lean meats, fruits, vegetables, and healthy fats*) during the program.

If you're training hard, but your nutrition plan isn't solid, you're wasting your time and efforts, to be honest.

While my "big picture" nutritional approach is **Paleo**, don't be afraid to eat quality carbs **post exercise**, such as **fruits, sweet potatoes, sprouted breads, or wild rice**. This will depend on your health and body composition goals, of course.

To increase lean muscle, you need to eat enough, so make sure you eat lean, quality protein, healthy fats, and quality, non-processed carbohydrates during the 4 week training program.

Eat for performance and recovery.

If you want more tips on eating for health and performance, please go the [Podcast page on RdellaTraining](#) to listen to some of the back episodes of interviews I've done with top nutrition experts.

Try to eat small amounts of protein at every meal. Again, keep the protein in the range of **.7 to 1.0 grams per pound of bodyweight**. Remember, you need to consume protein to build muscle.

These are 3 “top line” nutritional strategies for this program, without writing an entire nutritional strategy for this protocol.

Just follow the principles.

Remember, **you must eat well and re-fuel properly to get the most from this program**, which is why I wanted to touch on these 3 areas.

CHAPTER FIVE:

THE GROUND RULES.

OK, there are few “ground rules” I’d like to cover before getting into the program specifics.

I want you to read them through and understand them, before getting started with the SAP.

I want to be blunt here, if I may. If you can’t follow these *simple* rules, please DO NOT attempt this program. These are that important, in my opinion.

The program is set up for you to succeed and it’s important for you to follow the program exactly as outlined (providing it **matches your goals and you have the skill set**).

Here are the simple ground rules for the next 4 weeks...

RULE #1:

TRAIN SAFE.

Your safety is the 1st priority. Your safety is the most important thing to keep in mind during these training sessions. Do NOT attempt exercises that you do not feel comfortable doing OR you have not been trained properly with. It’s that simple. Always listen to your body and put the bells down if your *form starts to fail* during a complex. It’s just not worth it. Know when to put the bells down and rest if you need to.

Injury prevention is the primary goal of well designed programs, but it has to start with you.

RULE #2:

TRAIN STRONG.

Be mentally strong. Be mentally tough. Get mentally prepared to give it your best for each training session. You only have 12 training sessions, so bring your “*A game*” for each and every session, as best you can. These are short, hard, training sessions, so give it your best each session. Train strong, my friend.

RULE #3:

REST & RECOVERY.

THIS IS VERY IMPORTANT. You must rest and recover and not train on your “off” days to get the benefits of this program. You may feel like you want to do more, but don’t. Rest and recovery is a key component to getting the best results from the program, so for the 4 weeks follow the protocol. Agreed? (Nod yes, please). If you must do other things in the training session or on “off” days, see the list of “approved” activities so you won’t interfere with your progress.

Get plenty of **SLEEP** during this program. Try to get 8 hours of undisturbed sleep. Sleep matters.

Most people are ‘sleep deprived’ and this can significantly reduce your results.

Did you know that **less than 6 hours** of sleep can compromise your immune system by as much as **30%**? BAM! This is not good and can limit your training performance and recovery **BIG TIME**. Not good at all.

Get your sleep to get your results. You should be sleeping better during the duration of this program anyway.

RULE #4:

FOLLOW THE PROGRAM.

The program is **ONLY** 4 weeks in duration. Follow the program as outlined for the 4 weeks and you will have a result. I can't tell you what the result will be, but you will have a result if you follow the program, so please don't get distracted with trying new things for the next 4 weeks. Make sure you can commit to the 4 week time period before beginning.

RULE #5:

OPTIMIZE NUTRITION.

If you're not optimizing nutrition during the program, you're not going to get the results. Eat for performance and body composition during this program and don't train on an empty stomach. Everyone is different, as far as what they can eat prior to training, but I don't advise training on an empty stomach during these sessions.

How soon to eat before training? This is where people differ, but anywhere from 1 hour to 15 minutes prior. And, I'm only talking about some type of 'pre-fuel' not a big meal here. Get your big meal many hours before the session, if you can. If

you train in the morning, consider your dinner a good “pre-fuel” meal.

Your body will need energy and fuel to perform these short, powerful training sessions. Fuel properly prior to training and expect to “eat more” as the training becomes more intense.

After training sessions, definitely don’t be afraid to eat more. Your metabolism and your appetite will be elevated during this program, so eat more high quality foods.

To get the “hypertrophy” benefits of the program, you need to eat more food.

CHAPTER SIX: THE SAP EXERCISES.

Here are the exercises you need to be proficient with, in no particular order.

AGAIN, YOU MUST “OWN” THESE EXERCISES TO COMPLETE THE PROGRAM.

It’s very important that you know how to do these exercises properly, for safety and effectiveness.

If you don’t have these skills down yet, please find the nearest **certified instructor. It’s worth you time and money to get the proper coaching.**

For the techniques I use, my personal recommendation would be to use the principles taught by:

StrongFirst.com

There are **10 exercises** in this Protocol.

They are 10 extremely powerful and challenging exercises.

The “Shock & Awe” Protocol Exercises are:

1. DOUBLE SWINGS

- 2. DOUBLE CLEANS**
- 3. DOUBLE SNATCHES**
- 4. DOUBLE PRESSES**
- 5. DOUBLE PUSH PRESSES**
- 6. DOUBLE FRONT SQUATS**
- 7. DOUBLE CLEAN AND PRESSES**
- 8. DOUBLE CLEAN AND FRONT SQUATS**
- 9. DOUBLE LONG CYCLE CLEAN & JERKS**
- 10. RENEGADE ROWS**

(*You will need 2 kettlebells for every exercise in this program, unless you scale it, as previously mentioned. No other equipment is necessary for this program.)

For **video tutorials, tips, training session demonstrations**, please go to:

[YouTube.com/RdellaTraining](https://www.youtube.com/RdellaTraining)

BE SURE TO SUBSCRIBE TO THE CHANNEL FOR UPDATES ON TECHNIQUE AND TRAINING EXAMPLES.

Here's A Case Study With 'Real World' Results. And, Find Out What Others Had to Say About the SAP 'Experience.'

Shock and Awe



Before

Chest: 37.5"
Shoulders: 48"
Waist: 34.75"
Hips: 41.75"
Biceps: 14.5"



After

Chest: 40.5"
Shoulders: 49.25"
Waist: 33.875"
Hips: 39.5"
Biceps: 14.5"

This is Zac's results after finishing the program.

(Thanks to Zac for sharing.)

In just 4 weeks, these are impressive numbers!

**To see many more comments, feedback,
and find out what others experienced with
SAP, go to the [Facebook Fan Page](#) and
skim the posts for March, 2013.**

CHAPTER SEVEN: THE “SHOCK & AWE” PROTOCOL

WEEK ONE

SESSION ONE (M)

- 1. Double Swings x10**
- 2. Double Snatches x5**
- 3. Double Cleans x5**

5 ROUNDS.

2' MINUTES REST BETWEEN

SESSION TWO (W)

- 1. Double Cleans x5**
- 2. Double Presses x5**
- 3. Double Front Squats x5**
- 4. Double Push Presses x5**

4 ROUNDS

2'-3' MINUTES REST BETWEEN.

SESSION THREE (F)

- 1. Double Swings x 10**
- 2. Double Cleans x 5**
- 3. Double Push Presses x5**
- 4. Renegade Rows x 5 each side**
- 5. Double Front Squats x 5**

4 ROUNDS

2'-3' MINUTES REST BETWEEN.

WEEK TWO

SESSION FOUR (M)

- 1. Double Presses x 5**
- 2. Double Front Squats x 5**
- 3. Double Swings x 10**

6 ROUNDS

2' REST BETWEEN

SESSION FIVE (W)

- 1. Double Swings x 10**
- 2. Double Snatches x 5**
- 3. Double Front Squats x 5**
- 4. Double Push Press x 5**

5 ROUNDS

2'-3' REST BETWEEN

SESSION SIX (F)

- 1. Double Presses x 5**
- 2. Renegade Rows x 5 each side**
- 3. Double Swings x 5**
- 4. Double Cleans x 5**
- 5. Double Front Squats x 5**

5 ROUNDS

2'-3' REST BETWEEN

WEEK THREE

SESSION SEVEN (M)

- 1. Double Snatches x 5**
- 2. Double Clean and Press x 5**
- 3. Double Front Squats x 5**

5 ROUNDS

2' REST BETWEEN

SESSION EIGHT (W)

- 1. Double Swings x 10**
- 2. Renegade Rows x 5 each side**
- 3. Double Presses x 5**
- 4. Double Clean and Front Squats x 5**

5 ROUNDS

2' REST BETWEEN

SESSION NINE (F)

- 1. Long Cycle Clean & Jerks x 5 (Double Clean & Press, IF you don't have your Jerks down yet)**
- 2. Double Swings x 5**

10 ROUNDS

REST 1-2' BETWEEN ROUNDS

WEEK FOUR

SESSION TEN (M)

- 1. Double Clean and Press x 5**
- 2. Double Front Squats x 5**
- 3. Double Swings x 5**
- 4. Double Push Presses x 5**

6 ROUNDS

REST 2-3' BETWEEN ROUNDS

SESSION ELEVEN (W)

- 1. Double Snatches x 5**
- 2. Double Push Presses x 5**
- 3. Renegade Rows x 5 each side**
- 4. Double Clean and Front Squat x 5**
- 5. Double Swings x 5**

6 ROUNDS

REST 2-3' BETWEEN ROUNDS

SESSION TWELVE (F)

- 1. Long Cycle Clean & Jerks x 5 (or C&P as in Week 3)**
- 2. Double Front Squats x 5**

10 ROUNDS.

REST 2-3' MINUTES BETWEEN

CONGRATS!

You've completed the "Shock and Awe" Protocol.

What do you do now?

***WEEK FIVE: De-load and cut the intensity back for one week before doing another mesocycle or moving on to your next program.**

***Sample Table To Track Your Training Sessions:**

Session	Date	Rounds	Time for Session
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

THE BIG QUESTION IS WHAT'S NEXT?

What do you do AFTER completing the “Shock & Awe” Protocol?

You may want to repeat the program (only after a week of de-loading to give yourself a chance to re-charge and recover).

Here are some additional suggestions, if you're planning to “repeat.”

Again, I recommend one week of scaling things back after completing the SAP.

Here are some specific suggestions.

For the week following the program, do 4 days of swings, turkish get ups,

presses, goblets, cleans, and snatches. Just the fundamentals with a single kettlebell. Keep it simple and work on improving technique.

Always do a week where you scale things back and get back to the

fundamentals. I'm not saying take a week off, but just get back to the basics and allow your body a week to “recharge.”

After the “recharge” week, start the 4 week program over again. Could

you go up a bell size? Just a thought.

The SAP could be repeated a maximum of 3 consecutive times (for 15 weeks in total). This is a periodized approach and the long term approach could potentially provide better results, depending on where you're starting from, it all depends.

For other training ideas on “what’s next,” see the article: [10 Strength Training Program Ideas.](#)

**WHEN YOU FINISH THE “SHOCK AND AWE”
PROTOCOL, IT WOULD BE GREAT IF YOU
EMAILED ME TO LET ME KNOW HOW YOU DID.**

I urge you to STRONGLY consider getting a before and after picture and/or other measurements to track your progress.

This will tell the story of your progression over the course of the program.

I want to hear about how you did and the results you got.

**Are you interested in custom
programming or on-line coaching?**

E-mail me now at scott@rdellatraining.com for more details.

Did you enjoy and benefit from SAP experience? You'll love what's coming.

I have some very exciting things in development that can help you take your training to the next level and great results, so join my subscriber list at RdellaTraining.com to learn more and get the inside scoop on what's available and what's coming.

I'm working different programs that are specific to different training goals.

Look for more information on these programs coming at RdellaTraining.com.

See you there.

Always remember to train strong and train safe.

Scott

improving performance, and injury prevention.