



**SKOGG**  
SYSTEM

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**BLACK IRON STRENGTH**

**Strength Products  
for Serious Training  
and AWESOME RESULTS!**



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**Welcome to SKOGG System.**

- SKOGG System is a complete stand alone training method based on kettlebell and functional training.
- Designed to improve speed, power, endurance, muscular coordination and athleticism.
- This system is developed with all ability levels in mind.

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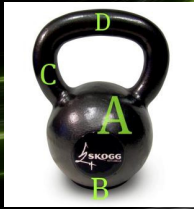
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## What is a Kettlebell?



- A. Body
- B. Bottom
- C. Horns
- D. Handle

- The SKOGG System is a complete stand alone training method based on kettlebell and functional training.
- It is designed to improve your speed, power, endurance, muscular coordination and athleticism.
- This system is developed with all ability levels in mind.

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## Q & A

### ***Is kettlebell training just another fitness fad?***

A fad? Yes, I suppose it is. I anticipate it will go away in the next 500 years.

### ***What makes a kettlebell superior to other equipment?***

Its ability to improve your strength, power, speed, flexibility, balance, endurance and muscular coordination, in one neat package.

### ***Is the kettlebell all I need?***

The kettlebell is just a tool...

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## Conventional Lifting vs. Kettlebells

### Conventional Lifting

- Isolates body parts
- Lift weights from the outside in
- Look good
- Perform in isolation
- Lack simple balance and coordination

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## Kettlebell

- Works the entire body
- Integration of movement patterns
- Fixes functional imbalances
- Programs the body to neurologically adapt

Bottom Line? Your body works together better by integrating rather than isolating.

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## Origin of Kettlebell

Where does the kettlebell come from?

- Russia
- Highlands of Scotland
- China
- India
- Egypt
- Mesopotamia - 4000 BC



Beni Hassan Tomb

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## Modern Kettlebell

### Scientific Approach

We are going to analyze kettlebell and weight training, compare the power output as well as the efficiency over roughly a half hour period.

P.O. + EFF/ 30 = x

x = output in watts

KB x = \_\_\_\_\_      Weight lifting x = \_\_\_\_\_

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## Traditional Workout

Test Subject:  
Male, 187lbs  
30 min period – 1 rep every 2.5 seconds

- BAR SQUAT 5x10 at 102 kg (224.4 pounds)  
15watts X 50 repetitions=750 watts
- LEG PRESS 5x10 at 272.2 kg (598.8 pounds)  
27watts X 50 repetitions=1350watts
- MACHINE LEG EXTENSION 3x10 at 68 kg (149.6 pounds)  
1.62watts X 30 repetitions=48.6watts
- MACHINE LEG CURL 3x10 @ 54 kg (118.8 pounds)  
1.28watts X 30 repetitions=38.4watts
- SMITH MACHINE SPLIT SQUAT 3x10 at 68 kg (149.6 pounds)  
2.8watts X 30 repetitions=84watts

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## SKOGG Kettlebell Workout

- DOUBLE KETTLEBELL SQUAT 2x16kg kettlebells (70.4 pounds)  
13.12watts X 55 repetitions=721watts
- BENT-OVER ROW 2x16 KG kettlebells (70.4 pounds)  
16.21watts X 55=891.55watts
- DOUBLE CLEAN AND PRESS 2x28 KG kettlebells (123.2 pounds)  
137.2watts X 55=7546watts
- DOUBLE CLEANS 2x16 KG kettlebells (70.4 pounds)  
19.05watts X 55=1047.75watts
- DOUBLE SNATCH 2x12 KG kettlebells (52.8 pounds)  
57.79watts X 55=3178.45watts

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## Kettlebell vs. Weight Training

**Total Output:**  
Conventional Weight Training  
2.27 kilowatts

SKOGG Workout  
13.4 kilowatts

The results are dramatically different with the SKOGG power output being 6 times that of the conventional weight training program.

Introducing power movements and minimal rest improved the power output exponentially, not to mention the cardiovascular benefit from an elevated heart rate.

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## This is not for football only!

Many athletes will benefit from this training method

### *What is the best way to improve acceleration?*

- The development of power.
- Power is strong and fast!

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## Train for speed with speed!

- In power based sports, slow movements are the wrong way to train.
- Coaches have stated for years, "If you want to be fast, train fast."

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## Kettlebell for Speed Training

### The Swing

- Most basic kettlebell movement
- Employs hip drive
- Commanded by posterior chain

### *How do you increase your speed?*

Hamstring involvement

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## Present Day Use

Military Forces

- Used in the field by Army Rangers, Navy Seals, Marine Recon and Air Force Pararescue

Government Special Operations groups

- CIA, FBI, Homeland Security and Secret Service.

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## Present Day Use

College/ Professional Athletes

- Penn State
- Tennessee Titans
- San Francisco 49ers
- Boston Celtics
- Utah Jazz
- Lance Armstrong

Celebrities

- Katherine Heigl
- Jessica Biel
- Penelope Cruz
- Matthew McConaughey
- Sylvester Stallone
- Girard Butler

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## Health Benefits

- Great way to strengthen your back
- Strengthens your glutes
- Stretches your hip flexors
- Develops your back extensor endurance
- Forces bracing for spinal stability
- Strengthens your core with ballistic movement

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## Methods

- Rounds
- Intervals
- Ladders
- Flow
- Ascending/ Descending Pyramids
- Sets
- Super Sets
- Giant Sets
- Tabata

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## Formats

- Push Pull
- Upper/ Lower Body
- Anterior/ Posterior
- Radial/ Linear
- Transverse/ Sagittal

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## Swing

- The most basic of moves
- Enforces hip drive movement; fore and aft.
- Posterior chain
- One joint hinge
- Longer lever
- Multiple muscle recruitment



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## Clean

- Finesse move
- Drive with quads, finish with hips
- Vertical power stroke
- Alleviates torque in wrist, elbows and shoulders
- Load is centered which relieves lumbar strain



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## Press

- Press from centerline. Recruits multiple muscle groups
- Press to full extension, increases flexibility
- Slight rotation, natural movement pattern



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## Squat

- Bell in rack position, odd loading recruits more muscle
- Front loaded, promotes spinal erector activation
- Bell is in active rest position, forcing core response



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## High Pull

- Prescribed corrective exercise movement post rotator cuff surgery
- Highest exertion level
- Explosive with multiple joint involvement



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## Snatch

- Display of both power and coordination in one move
- Dynamic explosive movement
- Promotes shoulder flexibility



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## Olympic Kettlebell Lifts

- Double Cleans
- Floor Cleans
- Floor Snatch
- Double Snatch
- Double Jerk
- Push Press
- Chair Press
- Floor High Pull

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## Size - Time - Tempo

- **Size** of the load
- **Time** or duration of the action
- **Tempo** or pace/length of action

This formula will support the basis of all sport training, which is the:

**General Adaptation Syndrome** – how and why the body responds to increased demands

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## Olympic Kettlebell Lifts

### Double Cleans

- Same as Cleans only with two kettlebells
- Drive with quads, finish with hips.
- Vertical power stroke, not radial.
- Keep hips under the load.



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### Floor Cleans

- Pull kettlebells from the floor
- As kettlebell bodies hit knee level, drive hips forward



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### Floor Snatch

- Dynamic, ballistic
- Flex at the ankle, knees and hips (triple extension)
- Drive hips hard and fast



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### Double Snatch

- Choose internal or external swing
- Utilize swing momentum to generate force
- Explode into triple extension



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### Double Jerk

- "Double Dip" with legs, no heel stomp
- Explosive punch to ceiling



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### Push Press

- Plyometric in nature
- Initiate with quads
- Punch to lockout



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### Chair Press

- Seated on a back-less stool, bench...
- Abs contracted, creating compound recruitment
- Postural muscle activation



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### Floor Double High Pull

- Explosive
- Triple extension
- Dynamic exercise with resistance



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