

**STEAL THIS
ONE-BELL
BLUEPRINT
(3 DAYS/WEEK)**

STOP OVERCOMPLICATING

**FULL BODY.
NO GYM.
NO GUESSWORK.**

**WE GIVE YOU
THE 6 MOVES &
THE WORKOUT**



SWIPE TO UNLOCK

CLUB:24
CONCEPT GYMS

THE HINGE: KETTLEBELL SWING

- Builds explosive lower-body power.
- Reverses spinal shear force caused by traditional heavy lifting.
- Drives heart rate to 86.8% of maximum.



[TARGET: **GLUTES & HAMSTRINGS**]

[ACTION: **POSTERIOR CHAIN HINGE**]

[SPEC NOTE: **76% GLUTE ACTIVATION**]

THE SQUAT: GOBLET SQUAT

- Counterbalance automatically corrects hip drop and squat depth.
- Forces an upright torso and braces the core on contact.
- Reduces compressive shear forces on the lower back.

[Action: Anterior Loaded Squat]



[Counterbalance automatically corrects hip drop and squat depth.]

[Target: Quads, Hips & Core]

[Spec Note: Self-Correcting Mechanics]

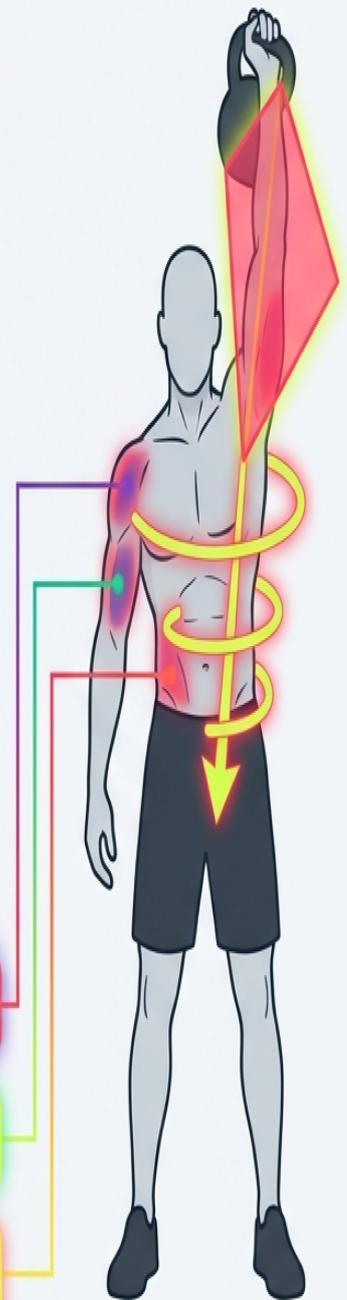
THE PUSH: CLEAN & PRESS

- Connects a hip-driven clean directly into an overhead lockout.
- Offset center of gravity demands massive rotator cuff and oblique stabilization.
- Matches strength outcomes of traditional barbell training.

[TARGET: SHOULDERS, TRICEPS & CORE]

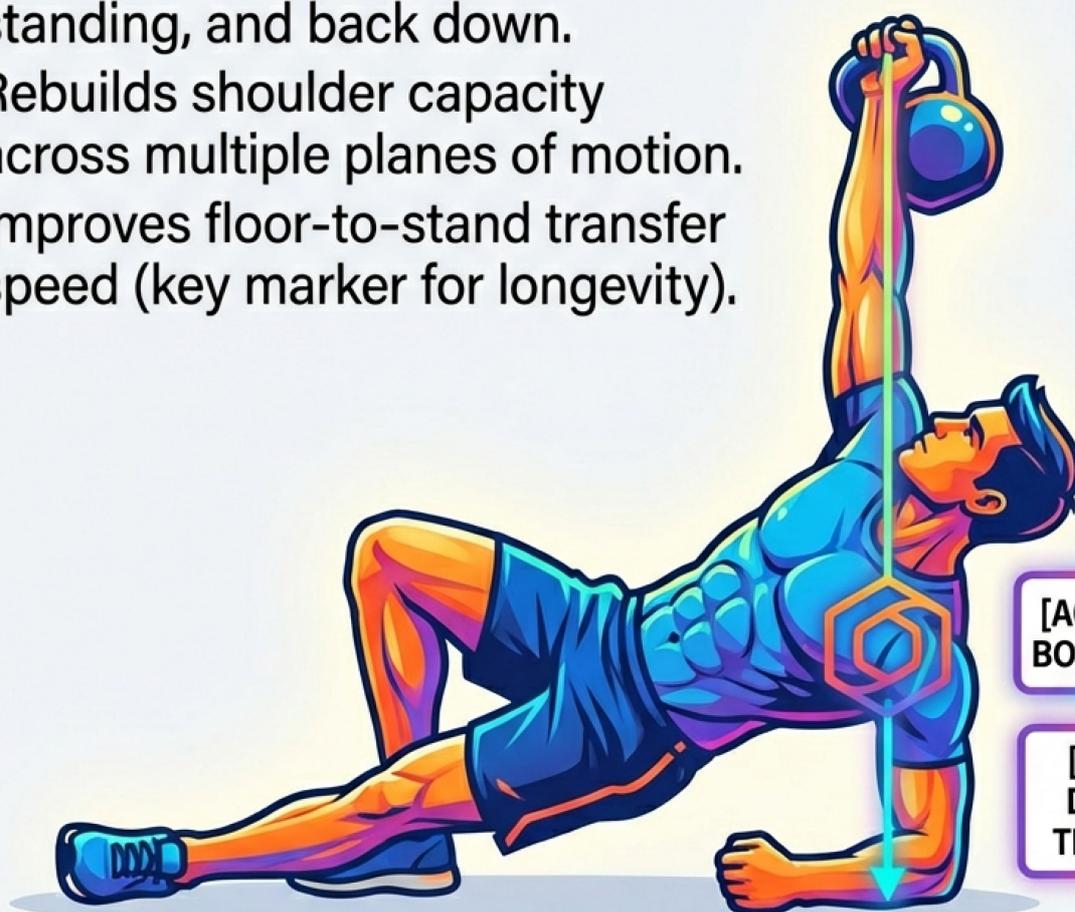
[ACTION: FULL-BODY PUSH]

[SPEC NOTE: ASYMMETRIC LOAD STABILITY]



THE STABILITY: TURKISH GETUP

- 7 distinct stages from floor to standing, and back down.
- Rebuilds shoulder capacity across multiple planes of motion.
- Improves floor-to-stand transfer speed (key marker for longevity).



[ACTION: TOTAL
BODY STABILITY]

[SPEC NOTE:
DO NOT SKIP
THE DESCENT]

[TARGET: MULTIPLANAR COORDINATION]

THE ENGINE: KETTLEBELL SNATCH

- A single explosive arc from below the hips to fully overhead.
- Burns 20.2 calories per minute (matches matches fast uphill cross-country skiing).
- Drives a 6% VO2 max increase in just 4 weeks.



THE PULL: KETTLEBELL ROW

[ACTION:
HORIZONTAL PULL]

- Counteracts the forward-slumped posture of desk work and driving.
- Staggered setup forces deep spinal stabilizers to resist torso rotation.
- Delivers essential upper-back volume without draining central nervous system recovery.

[SPEC NOTE:
TRAINS
SCAPULAR
RETRACTION]

[TARGET: LATS
& RHOMBOIDS]



THE 3-DAY BLUEPRINT

- 3 Days a week. 30-45 minutes. No filler.



DAY 1: Swings + Goblet Squats + Getups



DAY 2: Clean & Press (Ladders) + Rows + Swings (Finisher)



DAY 3: Snatches + Goblet Squats + Getups

[Ballistics: Swings/Snatches
→ 10-20 Reps]

[Grinds: Squat/Press/Row
→ 5-8 Reps]

[Getups: 1-3 Reps per side,
slow & controlled]