

START HERE	Modifications and How to's are Below	Copyright 2025 KBOMG www.KBMUSCLE.com			
Synovial Support (Joint warmup)	SYNOVIAL SUPPORT <a href="#">Follow Video</a>	<a href="#">Do this before warmup exercises</a>			
A. WARMUP AND MOBILITY EXERCISES Complete left to right for Clean and Press type days	<a href="#">Halo</a> 10 e/s	<a href="#">Cat / Cow w Shoulder Rotation</a> 10	<a href="#">Bird dog</a> 3 e/s 3 sec hold	<a href="#">Glute Bridge</a> 10 reps	Repeat circuit 2x total

## OUTER LIMITS UPPER BODY PROTOCOL

By: Joe Daniels KETTLEBELL ONLY MUSCLE GAIN			<a href="http://www.kbmuscle.com/shop-1">www.kbmuscle.com/shop-1</a> (OPTIONAL STRENGTH DAY)
Workout #1 <b>Single Arm Clean And Press</b> 1 rep every 30 seconds Stabilize in lockout 1-2 seconds Alternating arms every set 20 minute Clock	Workout #2 <b>Single Arm Clean And Press</b> 1 rep every 30 seconds Stabilize in lockout 1-2 seconds Alternating arms every set 24 minute Clock	Workout #3 <b>Double Clean And Push Press</b> 1 rep every 30 seconds Stabilize in lockout 2-3 seconds 14 minute Clock	<b>Hand to Hand KB Swings</b> 30 sec on 30 off for 3 min
Workout #4 <b>Single Arm Clean And Press</b> 1 rep every 30 seconds Stabilize in lockout 2-3 seconds Alternating arms every set 22 minute Clock	Workout #5 <b>Single Arm Clean And Press</b> 1 rep every 30 seconds Stabilize in lockout 2-3 seconds Alternating arms every set 26 minute Clock	Workout #6 <b>Double Clean And Push Press</b> 1 rep every 30 seconds Stabilize in lockout 2-3 seconds 16 minute Clock	<b>Hand to Hand KB Swings</b> 30 sec on 30 off for 4 min
Workout #7 <b>Single Arm Clean And Press</b> 1 rep every 30 seconds Stabilize in lockout 1-2 seconds Alternating arms every set 24 minute Clock	Workout #8 <b>Single Arm Clean And Press</b> 1 rep every 30 seconds Stabilize in lockout 1-2 seconds Alternating arms every set 28 minute Clock	Workout #9 <b>Double Clean And Push Press</b> 1 rep every 30 seconds Stabilize in lockout 1-2 seconds 18 minute Clock	<b>Hand to Hand KB Swings</b> 30 sec on 30 off for 5 min
Workout #10 <b>Single Arm Clean And Press</b> 1 rep every 30 seconds Stabilize in lockout 1-2 seconds Alternating arms every set 28 minute Clock	Workout #11 <b>Single Arm Clean And Press</b> 1 rep every 30 seconds Stabilize in lockout 1-2 seconds Alternating arms every set 30 minute Clock	Workout #12 <b>Double Clean And Push Press</b> 1 rep every 30 seconds Stabilize in lockout 1-2 seconds 20 minute Clock	<b>Hand to Hand KB Swings</b> 30 sec on 30 off for 6 min

B. MOBILITY EXERCISES	<a href="#">Lateral Lunges</a>	<a href="#">Cat / Cow</a>	<a href="#">Bird dog</a>	<a href="#">Side Plank</a>	Repeat 2 x
for Lower body based days	6 e/s	10	3 e/s 5 sec hold	15 sec e/s	

## OUTER LIMITS LOWER BODY PROTOCOL

By: Joe Daniels KETTLEBELL ONLY MUSCLE GAIN			<a href="http://www.kbmuscle.com/Shop">www.kbmuscle.com/Shop</a> (OPTIONAL STRENGTH DAY)
Workout #1 <b>Goblet Hold Squat to Reverse Lunge</b> 1 combo rep every 30 seconds 1 second pause for squat in depth Alternate the lunge side every set. 20 minute Clock	Workout #2 <b>Goblet Hold Squat to Reverse Lunge</b> 1 combo rep every 30 seconds 1 second pause for squat in depth Alternate the lunge side every set. 24 minute Clock	Workout #3 <b>Turkish Get Up</b> 1 fairly heavy rep every 60 seconds alternate sides each minute 14 minute Clock	<b>Combo of Somersault Squats x5 into KB Swings x10 5 sets</b>
Workout #4 <b>Goblet Hold Squat to Reverse Lunge</b> 1 combo rep every 30 seconds 1 second pause for squat in depth Alternate the lunge side every set. 22 minute Clock	Workout #5 <b>Goblet Hold Squat to Reverse Lunge</b> 1 combo rep every 30 seconds 1 second pause for squat in depth Alternate the lunge side every set. 26 minute Clock	Workout #6 <b>Turkish Get Up</b> 1 fairly heavy rep every 60 seconds alternate sides each minute 16 minute Clock	<b>Combo of Somersault Squats x6 into KB Swings x10 5 sets</b>
Workout #7	Workout #8	Workout #9	

For Example = Goblet Squat, right leg back lunge on set one.next set, goblet squat then lunge back w left leg.

<b>Goblet Hold Squat to Reverse Lunge</b> 1 combo rep every 30 seconds 1 second pause for squat in depth Alternate the lunge side every set. 24 minute Clock	<b>Goblet Hold Squat to Reverse Lunge</b> 1 combo rep every 30 seconds 1 second pause for squat in depth Alternate the lunge side every set. 28 minute Clock	<b>Turkish Get Up</b> 1 fairly heavy rep every 60 seconds alternate sides each minute 18 minute Clock  <b>Combo of Somersault Squats x7 into KB Swings x10</b> 5 sets
Workout #10 <b>Goblet Hold Squat to Reverse Lunge</b> 1 combo rep every 30 seconds 1 second pause for squat in depth Alternate the lunge side every set. 28 minute Clock	Workout #11 <b>Goblet Hold Squat to Reverse Lunge</b> 1 combo rep every 30 seconds 1 second pause for squat in depth Alternate the lunge side every set. 30 minute Clock	Workout #12 <b>Turkish Get Up</b> 1 fairly heavy rep every 60 seconds alternate sides each minute 20 minute Clock  <b>Combo of Somersault Squats x8 into KB Swings x10</b> 5 sets

## OPTIONS ON HOW TO RUN THE PLAN

### 1. Alternate between Workout numbers

example #1 Upper Body then #1 Lower Body  
#2 upper body , #2 Lower body and so on.

This is my General Recommendation for Full Body Strength  
Workouts can be done every other day or 2 in a row with 1-2 days in between

**2. The optional Double Clean and Press and TGU workouts IN GREY/BLUE** will make the program more advanced and more rounded. Once again, these are OPTIONAL and should be done if you're skill and experience level is adequate.

This is a modification for even more minimal exercises.  
Workouts can be done Upper, Lower, rest, Upper, Lower, Rest, Rest, and so on.

### 3. Some May Want to Run a whole week of UPPER then a whole week of LOWER

This may be for someone who likes to hammer an area of the body. With this, way I'd recommend taking at least a day or two off in between sessions to let the area recuperate

### 4. Some users may only want to do Upper or Lower.

Refer to option 3 rest recommendations.

## Recommended TEST

See What your Max Weight for 3 clean and presses is for both sides at the beginning of the program.  
Give your self at least 90 seconds between sides.  
Retest at the end with a heavier weight or see how many reps you can get in a row with the first tested weight

## READY FOR YOUR NEXT PROGRAM ?

Use code "nextprogram" for 20% off programs at [www.kbmuscle.com/shop-1](http://www.kbmuscle.com/shop-1) checkout.

## Disclaimer:

*It is highly recommended that you have spoken with your doctor or physician about starting this or any exercise program. Use caution when training at all times and we recommend having someone around when you do exercise. [www.kbmuscle.com](http://www.kbmuscle.com) / KBOMG / Daniels Fitness Training LLC cannot be held responsible for injuries you may incur from the use of this program. Heart Rate monitors are recommended. (Polar H10 Chest Strap)*

*Even though this is a carefully planned training program, any exercise can be dangerous in many ways. Do not disregard pain or try to push through something when your body is telling you not to. Recommendations in this program are not to be seen as medical advice.*