The Cast Iron Body Program

Get great results at home following this training plan.

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Safety Info

All physical activity involves a potential risk of injury. Participants must therefore take all reasonable care during exercise. Participants should seek the advice of their doctor, or equivalent healthcare professional, before beginning any form of exercise, including this plan contained in this program. The exercise movements described herein are safe when performed correctly, with gradual increases in resistance and proper supervision. However, participants must ensure that the equipment and facilities they use are fit for their purpose. You should adhere to the safety guidelines outlined in this program and any required by the equipment manufacturer. I take no responsibility for injury to persons or property consequent upon the advice and information included herein. You are forbidden to share this program via any means.

Welcome to the at-home Cast Iron Body Program

Harness the power of kettlebell metabolic resistance training to build the body you want in record time. The moves in this program will amplify your metabolism and offset any muscle imbalances.

The Moves

Workout A

Push: **Military press**	Hold a kettlebell by the handle. Lift the kettlebell to your shoulder by extending through your legs and hips as you pull the kettlebell towards your shoulder, rotating your wrist as you do so. Your palm should face forward with the kettlebell hanging at the back of your hand, the racked start position. Press the kettlebell straight up over your head by extending and locking your arm. Brace your core as you push above your head. Pause, then lower the weight to the start position. That's one rep.
Pull: **Single-arm Row**	Place the kettlebell on the floor and get yourself into a lunge position. Rest your right elbow on your right thigh for support and grip the kettlebell with your left hand. Keeping your shoulders square, squeeze the kettlebell as hard as you can and row the weight up until your hand is by your side with the elbow fully flexed. Return the kettlebell to the starting position (just off the floor). That's one rep.
Squat: **Goblet Squat**	Hold the kettlebell upside down (by its horns) and pull your shoulder blades together to open your chest. Tuck your elbows in so your forearms are vertical. Stand with your feet turned out slightly and a bit wider than hip-width. Take a deep breath in, drive your feet into the ground, and squat, keeping your torso upright. Go as low as you can without your tailbone tucking under your backside. Pause at the bottom, then drive back up to the starting position. That's one rep.

Hinge:
Kettlebell swing

Stand with your feet wider than shoulder-width apart and toes pointing out at 45 degrees.

Place a kettlebell about 30cm in front of you, hinge at the hips to send your backside back, with knees just slightly bent and shins vertical.

Keeping a flat back and your core braced, grip the horns with both hands, palms facing you.

Keeping the kettlebell still on the floor, lift your chest and squeeze your upper back so that the top of the kettlebell tilts towards you.

Hike the kettlebell back between your legs, and as it begins to swing back, explosively "thrust" your hips forward while squeezing your glutes to stand upright.

Your hips should drive the kettlebell forward and up while your arms guide the bell. Avoid lifting the kettlebell with your arms. All the power should come from your hips and glutes.

Then reverse the movement and let the kettlebell swing back between your legs while keeping your back and core braced. That's one rep.

Workout B

Push: **Push-up**	Get into a push-up position with your back and legs straight and your hands beneath your shoulders. Brace your abs and keep your body rigid and then lower yourself until your chest almost touches the floor. Then push yourself up until your arms are straight. That's one rep.
Pull: **Kettlebell plank drag-through**	Get yourself into the full plank position (it looks like the high point of a push-up) with the kettlebell positioned in line with your chest and to your right side. Use your left hand to reach underneath your torso and grab the kettlebell by the handle. Keep your knees and hips off the floor. Brace your core, then drag the kettlebell across the floor and under yourself to the other side of your body. Let go of the kettlebell when it's on the left side of your torso (again about chest level) and place your left hand on the ground so that you're back in the full plank position. Repeat the process with the right arm by dragging the kettlebell from left to right. That's one rep.
Squat: **Kettlebell thruster**	Hold the kettlebell by the horns in the goblet position. Complete a deep squat, then explosively stand up and immediately press the kettlebell overhead. Return to the starting position. That's one rep. (This should be performed in one swift movement rather than standing first and pressing second.)
Hinge: **Kettlebell side press**	Kneel on your left knee, with your right knee bent and your right foot flat on the floor. Hold a light kettlebell in your right hand, pulled firmly into your chest and shoulder. (Avoid a heavyweight.) Press the kettlebell overhead while simultaneously leaning to the left side, bringing your left palm to the floor. Pause, then slowly return to the start. That's one rep.

Training Plan

The Plan

Choose a medium-light weight. Do three workouts a week – Monday, Wednesday, and Friday, for example – alternating between workouts A and B. Perform the workouts as circuits, doing each exercise for 60-seconds (for single-sided moves, do 30-seconds per side) and moving from one to the next with 30-seconds of rest. Do 4-5-circuits, resting 1-minute between them. You can modify the moves for a dumbbell if you don't have a kettlebell.

Classic warm-up
Jumping jacks (30-seconds)
High knee march (30-seconds)
Jumping jacks (30-seconds)
High knee march (30-seconds)

Workout A
Kettlebell military press
Kettlebell single-arm row
Kettlebell goblet squat
Kettlebell swing

Workout B
Push-up
Kettlebell plank drag-through
Kettlebell thruster
Kettlebell side press