The RKC
As a Stand Alone System

By Mark Reifkind, Senior RKC

Just the other day a client asked me if he had to do other forms of weightlifting or could train if he was trained with kettlebells. He is a typical client disinterested, middle aged, married with children, and seriously pressed for time. But much as I am always loath to back into shape in the most efficient way possible. He didn’t want to have to join a gym and go back to doing biceps curls and leg extensions or spending hours on a treadmill or bike and end up looking like a collection of body parts stuck together willfully stiffly. He wanted what the RKC System of training will give him: basic, functional athlete’s body able to be strong, mobile and have real world stamina and resilience. Without spending his life in a 30,000 square foot warehouse gym to achieve it.

Of course, kettlebells and the RKC principles can be utilized and incorporated into a diverse army of exercise and sport training. Of that there is no doubt. Using the KB to increase power, general preparation, and link the body into a functional whole and help create a synergy with any training system that it touches. Due to me, one of the most beautiful things about the RKC system (not merely the kettlebell, that is just the tool) is how complete it is as a stand-alone training method. No other system of training that I know of will increase your strength, coordination, endurance, flexibility and power as quickly or as efficiently as Parey’s system of movements and techniques will.

The RKC system is comprised of ballistic movements for speed, power endurance, intermuscular coordination, and attention. Repetitive moves such as swing, snatch, cleans and cleans are done rhythmically and fluidly and mimic athletic movements with their alternation of tension and relaxation.

“Gripping” or high tension movements done slowly for raw strength can cause the ability to generate, increase, and maintain levels of tension (which is a synergy for strength, total body linkage and coordination, an internal focus (which is a prerequisite for generating tension), and a solid whole body foundation of functional strength.

The practice of both these skills also develop full body ranges of motion in all the joints and a flexible strength that is also strong to the full range. Anyone can get flexible with enough stretching, bring strong in those new ranges of motion is vital for maximizing joint stability and function.

The RKC is also infinitely scalable to any level of ability your client brings to the table. The swing can be done with different ranges of motion and still provide excellent cardiovascular training, grip, back, leg and core work and lots of stimulation for the arm and shoulder joints. Just start with a very low, low swing done for low reps. This makes it applicable to virtually everyone who walks in the door. Progressing the range of motion of the swing, as well as the total reps done and the weight used will provide the deconditioned client more work than they have probably done in years. All in the safest manner possible.

Add to the前述 get up the RKC Program Minimum, done progressively of course, and you have a workout that is as simple, complete and challenging as any could need. Not to mention as efficient as you could ask for. What isn’t worked by those two exercises?

Think about growing that workout from a very simple 16 kg swing for 100 total reps and five minutes of group to ten minutes of one arm swings with the two-poled and guppies with the same. How strong would you be to complete that twenty-minute session?

Of course, most clients will never do that much or have the need to be that strong but that is beside the point. From the Program Minimum to a solid workout that will get most as fit as they choose to be and develop the entire body without ever thinking about separate core, lower back or resistant collar exercises or how they have to stay on the step machines.

One of the real surprises is how much arm and shoulder development one gets from swinging kettlebells with one “cherry” arm and shoulder work. For many women having arms that look film and lean but NOT bulky is right up there with lean hips and butt. Kettlebell training will deliver that as spikes without ever doing a bicep curl or a side raise. As they may the fat off their butt literally.

“Six basic exercises: swings, get-ups, cleans, presses, snatches, squats.

What could be simpler? And what could be harder when done with the optimal form, loads and intensities?”

Men will amaze at how quickly their waist skeletons and their triceps develops without doing shoulder destroying bunch pieces or testosterone reducing exercises. And at how athletic they feel. Perhaps twice in a year. Or three.

And every rep of every kettlebell movement DEMANDS your entire concentration. There is no reading the paper while you do your KB work in. In this way RKC training teaches the mind as well as the body. Most (and you will find the immediately conscious) have that (“out of time”) experience one of the race- wide benefits of kettlebell training; much as you get when you run an “actual” race. That time slows down, and you are “in the moment”. Without having to try.

Training kettlebells as a stand-alone method is very much like each other practice such as karate or yoga. An internal focus is

1-800-899-5111 24 hours a day fax your order (866) -280-7619

“I never have to set foot in a gym again.”

vidal component of the RKC system and “Deep Skill” is the method of advancement, not just using heavier bells, Perfecting each motion and the intention and concentration behind it is a huge part of the training. This is getting back on your feet.

Six basic exercises: swings, get-ups, cleans, presses, snatches, squats. What could be simpler? And what could be harder when done with the optimal form, loads and intensities? The combinations are endless as are the learning possibilities. For those looking for a true mind body challenge as well as the fastest way to get in the best possible condition I can’t think of a better system to use.

And the best part? As my wife says “I never have to set foot in a gym again.” From now on, wherever you go you have your gym, and your fitness with you.

Mark Reifkind, Sr. RKC has been a competitive athlete, coach and student of physical culture for the last 16 years. A former national level gymnast, Mark spent 10 years training, competing in powerlifting, which he competed to a national level with Olympic lifting for a number of years. He was also Head Coach Team USA at the USA World Championship in four different weight classes. The most recent was the 100 Kg. Two former Olympic lifters with whom he trained are: Frank Weisser and Jamin Staley who have been inducted into the USA Olympic Hall of Fame. He is also an author of a well published book “The Sport of Strength Training.”

For all your kettlebell needs please call our friendly sales staff at 1-800-899-5111.

www.dragondoor.com

Read More About the Strength and Conditioning World Online