

Aphrodite Steel

BELLATRIX

barbell & kettlebell

1.0



strength. muscle gains. fat loss.

12 weeks.

START NOW

#SHEISKETTLEBELL



BELLATRIX 1.0

BE STRONG. TRANSFORM. ENDURE..



This program is for those who want to improve their overall physique and fitness level.

Equipment: Kettlebells, Barbells, Bodyweight

Split Style: 4 days per week

Duration: 12 weeks

If you show up and do the work you will have the results you desire.

You will become stronger, gain muscle and shed fat.

Your mobility and flexibility will enhance and you will feel better than ever.

This training program is addressed to advanced athletes and people who want to change not just their aesthetics but their physical and mental health.

Thus, their life.

If you are one of them, you are at the right place.

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Warming up

Prepare your body for what is about to come.

This is the general warm up. It is done at the beginning of the programming to prepare our connective tissues and joints for everything that follows.

WARM UP ROUTINE

1-2 rounds

Shoulder dislocations	x10
Pull aparts palms up	x10
Kettlebell Halos	x5 each side
ATG Lunges with rotation	x5 each side
Half Kneeling groin stretch	x5 each side
Dead bugs	x20 alternating
Glute Bridge with band	x20

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4 Day-Split Schedule

DAY 1	DAY 2	DAY 3	DAY 4
Get ups	Get ups	Get ups	Get ups
*SQUAT	*PULL	*HINGE (DL)	*HINGE (HT)
Snatch	Clean Press	Clean Squat	Swings
Farmer's Carry (FC)	Bottoms up or FC Step up	Seated BU Arnold Press	Overhead Lunge
Plank Step to Beast	Hanging Leg Raises	Front Push to Front Step	Frog Push up to Side Kicks

Waving intensity

LIGHT MEDIUM HEAVY

Linear Progression

REPS SETS WEIGHT

Movement Progression

ADD REPS OR MOVEMENT

Let's analyze each day !

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Day 1

Get ups

x **3/3** each side **MEDIUM** weight :**30"** rest
x**10** Goblet Squats

*SQUAT

warm up sets: 2x3reps RPE 3-4
main sets: 5x5 @ RPE 6-7 :**4 minutes rest**

Snatch

x**5/5 OTM** - **5 sets add 1 rep every week**
until you reach x**10/10 OTM**
*use your snatch test bell size or heavier

Farmer's Carry
(FC) Variations

Walking or **March** variations:
suitcase 1H/2H // **racked** 1H/2H // **goblet**
// **bottoms up** 1H/2H // **overhead** 1H/2H

3x8/8 each side **1 variation for each set**
***add 2 reps each session** until you reach 12 and
then add weight - start at 8 reps again

Plank Step
to Beast

3x10 alternating
stay close to the ground and keep your lines narrow.
Flex your mobility!

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Day 2

Get ups

x **5/5** each side **LIGHT** weight :**30"** rest
3x7" Vertical or Horizontal Scapular Holds

*PULL

warm up sets: 2x3reps RPE 3-4
main sets: 5x5 @ RPE 6-7 :**4 minutes rest**

Clean Press
Windmill

x5/5 - 5 sets
Do all the reps from one side then switch

Bottoms up (or
FC) Step up

3x8/8 each side
*keep your elbow in 90 degrees and tucked in
***add 2 reps each session** until you reach 12 and
then add weight - start at 8 reps again

Hanging Leg
Raises

3x10 you can substitute with alternatives such as
lying leg raises or hanging knee raises

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Day 3

Get ups

x 1/1 each side **HEAVY** weight :60" rest
x10 Goblet Squats & x10 KB Deadlifts

*HINGE

warm up sets: 2x3reps RPE 3-4
main sets: 5x5 @ RPE 6-7 :4 minutes rest

Clean Squat
Bent Press

x5/5 - 5 sets
Do all the reps from one side then switch

Seated BU
Arnold Press

3x8/8 each side
***add 2 reps each session** until you reach 12 and
then add weight - start at 8 reps again

Front Push
to Front Step

3x10 count the Front Push
Front Push - Front Step R - Front Step L

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Day 4

Get ups

x 2/2 each side **LIGHT** weight **:30"** rest
x10 Halos & x10 Uppercuts

*PRESS

warm up sets: 2x3reps RPE 3-4
main sets: 5x5 @ RPE 6-7 **:4 minutes rest**

1A Swings

5 minutes - rest the remaining time in each set
x5 every **:30"** switching hands each set
***add 1 rep every week** until you reach x10/10

Overhead
Lunges

3x8/8 each side
***add 2 reps each session** until you reach 12
and then add weight - start at 8 reps again

Frog Push up
to Side Kick

3x10 alternating count the push ups
Quadruped Frog Push up- Underswitch to
side kick

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Strength Lifts Library

You can choose from the list below.

*SQUAT	*PULL	*HINGE	*PRESS
Back Squat	Pendlay Row	Deadlift	Bench Press
Front Squat	Barbell Row	Sumo Deadlift	Bridged Floor Press
Zercher Squat	2KB Row	Romanian DL	KB Bench Press
Bulgarian Split Squat	1KB Row	Single-Leg DL	Pararell Bar Dips
Pistols	Renegade Rows	Good Mornings	Landmine Press
	Pull ups / Chin ups	Hip Thrust	Push ups
	Landmine Rows	Glute Bridge	BB Military Press
			2KB Military Press
			1KB Military Press



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