

# Jon Engum's Magic Press More Than Ever Before Program

Jon Engum, Master RKC

May 4, 2012

Ladies and Gentlemen I have **presented this program** in workshops at home and abroad it **has always delivered**. In fact, during a recent RKC 2 prep workshop in Seoul South Korea around 70 percent of the attendees **PR'd in the Kettlebell Military Press!**

I must confess right now there is nothing new here in content, in fact, if you have a decent **Dragon Door library** you will find all of the **techniques, drills and skills** hiding in plain sight on your **bookshelves!** What is so special about this program you may ask?

For instance, take a **world class** chef, it's not the basic ingredients that **sets him apart** from the pack, we can all go out and buy those. **What turns his creations** into works of gourmet delights is the way **he combines and prepares** the different ingredients. This is what makes his egg salad recipe to die for **Tiger Lily**.

So let's embark on an **RKC scavenger** hunt as we pick out **pearls of wisdom** from many different sources and combine them into a formula designed to **shatter your pressing plateaus**.

## WARNING!!!

Should you choose to **accept this mission** be forewarned it is not an everyday training protocol. It is a **plateau buster** to be used sparingly. It is a **turbo charge** to break through your limits. Use the "Rite of Passage" in [Enter the Kettlebell](#) or [Easy Strength](#) programming as your **"in the trenches work"** and when it's time to test a max ...pull this baby out and **break on through to the other side!**

## THE GROUND RULES

### Rule 1

Move slow take as much time between attempts as needed to stay fresh and hungry for the next press. When paced properly it will take you at least an hour to get through this.

### Rule 2

When you do go for it...really go for it and own that move. The bell is yours, dominate it with laser beam intense focus...if you get even the least bit distracted - stop - walk away and refocus.

### Rule 3

Lift with patient confidence. Grind on that bell and seamlessly shift into a lower gear, and if you fail to get the lift - fail like a professional...no wiggling around, no monkey business and no panic.

## TOP SECRET FORMULA - REVEALED

### Part One - Specialized Movement Prep

1. Rib pull, right and left x 2 sets.  
***Secrets of the Shoulder***
2. Arm sweeps, right and left x 2 sets.  
***Secrets of the Shoulder***

### Part Two - Press Groove Practice

1. Clean and Press with a bell that weighs about 70% of your 1 rep max. Do 1 ladder of 3  
***Enter the Kettlebell***
2. Stacked Press (use a combination of Kettlebells the sum of which is about 10k less than your target bell). Example: if you have your sights set of the beast (48K) used a 20K + 20k or 16k) Perform 3 sets of 1.  
***Perfecting the Press***

### Part Three - Clearing Mental Road Blocks

1. Practice Loaded Cleans with the Target bell or one size heavier 3-5 singles  
***Enter the Kettlebell*** bonus chapters
2. Practice Clean and Squat with the Target Bell in the Rack Position (feel free to cradle it with the other hand if needed.) 3 singles.  
***RKC Manual***
3. Long Push Press with the Target bell ***Enter the Kettlebell*** bonus chapter. (3 singles) Really own that negative here...do not go artificially slow just own that bad boy. Knowing you can lower the bell under control will help get your mind around pressing it in the near future.
4. Revisit and rehearse a few more loaded cleans. Focus on making them powerful and tight. Many, many people get so into the pressing part of the lift that they blow off the clean. A bad clean will sabotage your pressing efforts. Pay attention here.

## **Part Four - The Main Event**

Ok...this is where it is at. The Supra Maximal Attempt. ***RKC Manual***

Stomp your feet, do whatever Pre Press Ritual you do and go to war with the Target Kettlebell - Clean it tight and PR the darn thing!

### **Final Tips**

Use only your strongest arm. Leave the other side alone for now. Now, before I get a barrage of emails by those worried about being unbalanced remember this is not an everyday training program ...it is an event. Don't blow any energy on your off side today. If you are concerned with it you may do your off side at the next training session ...or not.

If you do not own the above resources ...get them, if you do reread them there is much knowledge to gain.

Like any successful scavenger hunt there is buried treasure at the end of the journey. Drop me a line at [info@extremetraining.net](mailto:info@extremetraining.net) and let me know if you discover pressing gold.

***Enter the Kettlebell***

***Easy Strength***

***Secrets of the Shoulder***

***Enter the Kettlebell***

***Perfecting the Press***

***RKC Manual***