



SHRED ARMY

5x5 KETTLEBELL PROTOCOL

5-DAY SPLIT // WED + SUN RECOVERY // CARB-CYCLE SYNCED // KB EDITION

Same war plan. Five focused missions.

Double-bell work builds maximum muscle - size up when 25 reps stay crisp.

The hardest mission lands on the highest-fuel day.

Rest 2 minutes on primary lifts. 90 seconds on the rest.

7-DAY CARB CYCLE ROTATION

MON	TRAIN	MODERATE	200g
TUE	TRAIN	MODERATE	200g
WED	OFF	LOW	100g
THU	TRAIN	MODERATE	200g
FRI	TRAIN	MODERATE	200g
SAT	TRAIN	HIGH	400g
SUN	OFF	LOW	100g

KEEP IT SIMPLE. STAY SHREDDED.

BRYAN HEALEY FITNESS | SHRED ARMY | 5x5 PROTOCOL

 MONDAY: KB CHEST / SHOULDERS / TRICEPS

MODERATE DAY - 200g CARBS

MISSION BRIEFING: Double-bell pressing day. Moderate fuel - press heavy, control every rep and own the lockout.

EXERCISE	SETS	REPS	WEIGHT	EXECUTION NOTES
1. Double KB Floor Press SETS: ☐ ☐ ☐ ☐ ☐	5	5		Chest builder. Pause at the bottom.
2. Double KB Strict Overhead Press SETS: ☐ ☐ ☐ ☐ ☐	5	5		Rack to lockout. No leg drive.
3. KB Push-Up (hands on horns) SETS: ☐ ☐ ☐ ☐ ☐	5	5		Deep range of motion for the chest.
4. Single-Arm KB Press (each arm) SETS: ☐ ☐ ☐ ☐ ☐	5	5/arm		Anti-rotation core plus delt work.
5. KB Tate Press SETS: ☐ ☐ ☐ ☐ ☐	5	5		Floor-based tricep crusher.
6. KB Overhead Tricep Extension SETS: ☐ ☐ ☐ ☐ ☐	5	5		Two hands, one bell. Full stretch.

FUEL ORDERS: 200g CARBS TODAY

Place carbs before and after training. Use clean, familiar sources and keep protein high.

NOTES / WEIGHT PRs:



TUESDAY: KB LEGS / BICEPS

MODERATE DAY - 200g CARBS

MISSION BRIEFING: Fueled lower-body day. Front squats and swings drive the biggest muscle-building work.

EXERCISE	SETS	REPS	WEIGHT	EXECUTION NOTES
1. Double KB Front Squat SETS: ☐ ☐ ☐ ☐ ☐	5	5		Primary lift. Rack position, sit deep.
2. Heavy 2-Hand KB Swing SETS: ☐ ☐ ☐ ☐ ☐	5	10		Explosive hip drive. Hinge, do not squat.
3. KB Reverse Lunge (each leg) SETS: ☐ ☐ ☐ ☐ ☐	5	5/leg		Bells in rack position or at sides.
4. Single-Leg KB RDL (each leg) SETS: ☐ ☐ ☐ ☐ ☐	5	5/leg		Hamstrings, glutes and balance.
5. KB Curl (bell by horns) SETS: ☐ ☐ ☐ ☐ ☐	5	5		Strict reps with a slow negative.
6. KB Hammer Curl (each arm) SETS: ☐ ☐ ☐ ☐ ☐	5	5/arm		Grip plus brachialis.

FUEL ORDERS: 200g CARBS TODAY

Carbs before and after training. Fuel the primary lift with rice, oats, potatoes or fruit.

NOTES / WEIGHT PRs:



THURSDAY: KB SHOULDERS / ARMS

MODERATE DAY - 200g CARBS

MISSION BRIEFING: Precision upper-body day after full Wednesday recovery. Clean reps - the bells punish sloppy form.

EXERCISE	SETS	REPS	WEIGHT	EXECUTION NOTES
1. KB Clean & Press (each arm) SETS: ☐ ☐ ☐ ☐ ☐	5	5/arm		Primary lift. Total shoulder builder.
2. KB Half-Kneeling Press (each arm) SETS: ☐ ☐ ☐ ☐ ☐	5	5/arm		Strict press. Rib cage down.
3. Double KB Upright Row SETS: ☐ ☐ ☐ ☐ ☐	5	5		Pull only to a pain-free height.
4. KB Lateral Raise (light bells) SETS: ☐ ☐ ☐ ☐ ☐	5	5		Controlled motion. No swing.
5. KB Towel Curl SETS: ☐ ☐ ☐ ☐ ☐	5	5		Biceps and grip under tension.
6. KB Skull Crusher (floor) SETS: ☐ ☐ ☐ ☐ ☐	5	5		Keep upper arms fixed.

FUEL ORDERS: 200g CARBS TODAY

Moderate fuel supports heavier pressing and arm volume. Center most carbs around training.

NOTES / WEIGHT PRs:



FRIDAY: KB CHEST / BACK

MODERATE DAY - 200g CARBS

MISSION BRIEFING: Push-pull day on fuel. Alternate rows and presses while keeping the planned rest between sets.

EXERCISE	SETS	REPS	WEIGHT	EXECUTION NOTES
1. Double KB Floor Press (heavy) SETS: ☐ ☐ ☐ ☐ ☐	5	5		Beat Monday only if form stays crisp.
2. Double KB Bent-Over Row SETS: ☐ ☐ ☐ ☐ ☐	5	5		Flat back. Pull bells toward hips.
3. KB Renegade Row (each arm) SETS: ☐ ☐ ☐ ☐ ☐	5	5/arm		Back plus anti-rotation core.
4. KB Deficit Push-Up SETS: ☐ ☐ ☐ ☐ ☐	5	5		Control the chest stretch at bottom.
5. Single-Arm KB Row (each arm) SETS: ☐ ☐ ☐ ☐ ☐	5	5/arm		Heaviest clean row. Full stretch.
6. KB High Pull (each arm) SETS: ☐ ☐ ☐ ☐ ☐	5	5/arm		Explosive upper-back power.

FUEL ORDERS: 200g CARBS TODAY

Use carbs before and after training. Hydrate well so Saturday starts on a full tank.

NOTES / WEIGHT PRs:



SATURDAY: KB LEGS / TRICEPS

HIGH DAY - 400g CARBS

MISSION BRIEFING: MAX FUEL DAY - hardest session of the week. Heavy squats, swings and pressing. Leave quality reps.

EXERCISE	SETS	REPS	WEIGHT	EXECUTION NOTES
1. Double KB Front Squat (max effort) SETS: ☐ ☐ ☐ ☐ ☐	5	5		Primary lift. Heaviest clean squat.
2. Heavy 2-Hand KB Swing SETS: ☐ ☐ ☐ ☐ ☐	5	10		Maximum hip power. Strong hinge.
3. Double KB Deadlift (heavy) SETS: ☐ ☐ ☐ ☐ ☐	5	5		Bells outside feet. Grip and drive.
4. KB Walking Lunge (rack position) SETS: ☐ ☐ ☐ ☐ ☐	5	5/leg		Stay tall. Control every step.
5. Double KB Floor Press (close-grip) SETS: ☐ ☐ ☐ ☐ ☐	5	5		Bells close for tricep emphasis.
6. KB Overhead Tricep Extension SETS: ☐ ☐ ☐ ☐ ☐	5	5		Heavy bell, full stretch and lockout.

FUEL ORDERS: 400g CARBS TODAY

Refeed day. Spread carbs across meals, with the largest share before and after this session.

NOTES / WEIGHT PRs:



RECOVERY & FUEL ORDERS

WED + SUN OFF - 100g CARBS

FULL RECOVERY MEANS FULL RECOVERY.

No programmed lifting or conditioning on Wednesday or Sunday. Recover, refuel and come back stronger.

★ 01. LOW-DAY FUEL

Hit 100g of carbs for the full day. Keep protein steady. Build meals around lean protein, vegetables and measured carb portions.

★ 02. HYDRATION

Drink consistently through the day. Use normal sodium and electrolytes based on sweat, climate and medical needs.

★ 03. SLEEP

Target 7-9 hours. Keep the room cool and dark, and use a consistent bedtime whenever possible.

★ 04. NO MAKE-UP WORK

Do not cram a missed session into a recovery day. Resume with the next scheduled mission and protect the weekly rhythm.

5x5 PROGRESSION ORDERS

- Start each lift with 1-2 clean reps left in reserve.
- Complete all 5 sets with identical form before increasing load.
- When 5x5 is crisp for two exposures, move to the next bell size.
- Unilateral lifts are 5 reps per side. Swings remain 5 sets of 10.
- If performance falls for two sessions, reduce load or take a deload week.

SAFETY CHECK

Use pain-free ranges and controlled technique. Stop for sharp pain, dizziness or unusual symptoms. Carb targets should be individualized if you have diabetes, kidney disease or another medical condition.