

unheavy

PROTOTYPE 0.1 - REVISION B FIELD MANUAL

Your first kettlebell, six working stations, and the first connected passage

THE FIRST BELL

8 kg / 18 lb



WHY 8 KG

- Light enough for arcs and transfers
- Heavy enough to reveal tension
- Inside the ACE beginner range
- The least-stable movement sets the load

If you cannot stop gently anywhere, go lighter.

Move iron as though it were water.

Created by Jason S. Comely | info@unheavy.org | July 2026 | unheavy.org

Read This Before You Lift

Unheavy does not yet have a finalized exercise form. The public foundational document deliberately identifies the movement names and sequence as working material. This manual turns those ideas into a cautious first prototype for private testing - not a proven program and not medical or rehabilitation advice.

VERSION NOTE

This is Prototype 0.1, Revision B - not Prototype 0.2. Revision B reorganizes every station into the same reading order: name and conventional source, verified link and QR code, diagram, what to keep, what to change, working thought, and prohibitions. It also corrects the side-lunge video ID. Prototype 0.2 still begins only after repeated transition observations exist.

THE FIRST RULE

Use a bell light enough to feel almost foolish. The research question is whether unnecessary effort can disappear. A bell that forces bracing, rushing, grimacing, or scrambling has already answered the question in the wrong direction.

The first bell: 8 kg / 18 lb

For this experiment, buy an 8 kg kettlebell. Adult male beginner guidance commonly starts around 7-11 kg (15-25 lb), but Unheavy includes circular paths, lateral transfers, asymmetrical carrying, and eventual hand changes. The least stable movement - not your strongest deadlift - should determine the load.

8 kg / 18 lb: recommended research bell.

9 kg / 20 lb: acceptable when 8 kg is unavailable.

10 kg / 22 lb: possible, but not the first choice.

12 kg / 26 lb: likely a later bell, after the form becomes quieter.

16 kg / 35 lb: inappropriate for Prototype 0.1.

Choosing the Research Bell

What to look for

- Flat base.
- Smooth handle without a rough casting seam.
- Enough handle width for two hands.
- A finish that does not become dangerously slippery.
- A rubber mat or protected floor beneath the practice area.

Before the first lift

- Inspect the handle and base for damage.
- Confirm that both hands can fit on the handle without crowding.
- Place the bell on a stable, protected surface.
- Clear the full walking and turning path.
- Rehearse the hinge and weight transfer without the bell first.

STOP AND GET APPROPRIATE HELP

Do not continue through sharp pain, chest pain, faintness, unusual shortness of breath, loss of balance, numbness, or a movement you cannot safely control. A qualified kettlebell instructor can inspect mechanics that a document cannot see.

The Seven-Line Practice

- 1

Use a bell light enough to feel almost foolish.
- 2

Keep it close to your body.
- 3

Keep your back long.
- 4

Let the bell move at its own speed, and breathe the whole time.
- 5

At any moment, you should be able to speak a short sentence without gasping.
- 6

At any moment, you should be able to guide the bell to rest without scrambling or crashing.
- 7

Finish more settled than you started.

What “Unheavy” changes

Conventional goal	Unheavy question
Complete the repetition	What happens between the positions?
Create more output	How much effort was never necessary?
Brace against the load	Can structure replace muscular argument?
Stop the weight	Can momentum be redirected?
Finish tired	Can I finish more organized?

HOW TO READ EACH STATION

1) Unheavy name and conventional source. 2) Verified video link and QR. 3) Diagram. 4) Keep from conventional / Make it Unheavy. 5) Working Thought / Do Not. The reference videos teach conventional mechanics; the diagrams and modification notes define this prototype.

1. ROOT

CONVENTIONAL SOURCE: Kettlebell deadlift setup stance



REFERENCE VIDEO [Kettlebell deadlift - Hip Hinge practice](https://www.youtube.com/watch?v=qkRaEB9g_mU)
Bristol Kettlebell Club | https://www.youtube.com/watch?v=qkRaEB9g_mU
Watch the stance, reach, and pre-lift setup. Root adds a deliberate arrival before the hinge.

1. ROOT

Stillness before action



ARRIVE

Feet felt. Breath ordinary.
Shoulders hanging. No rush.

TEST

Can you wait
without stiffening?

KEEP FROM CONVENTIONAL

Stable, comfortable stance.
Bell positioned where you can reach
without rounding the back.

MAKE IT UNHEAVY

Stand behind the bell before touching it.
Feel both feet and let the shoulders hang.
Let breathing become ordinary.
Notice whether you are manufacturing
effort before the load begins.

WORKING THOUGHT

Root is complete when nothing needs to happen immediately.

DO NOT

Approach the bell while distracted, hurried, or already holding your breath.

2. DRAW FROM THE WELL

CONVENTIONAL SOURCE: Two-hand kettlebell deadlift



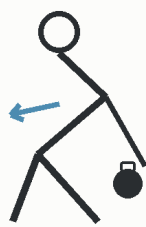
REFERENCE VIDEO [Kettlebell deadlift - Hip Hinge practice](https://www.youtube.com/watch?v=qkRaEB9g_mU)

Bristol Kettlebell Club | https://www.youtube.com/watch?v=qkRaEB9g_mU
Watch the hip hinge and rise. Unheavy removes the jerk, dramatic lockout, and unnecessary bracing.

2. DRAW FROM THE WELL

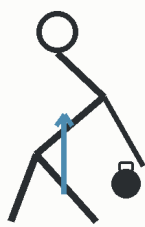
Rising without strain

FOLD



Hips travel back

RECEIVE



Feet meet the floor

RISE



Whole body unfolds

KEEP FROM CONVENTIONAL

Hips travel backward in a hinge.
Back stays long.
Bell remains close.
Feet, legs, and hips create the rise.

MAKE IT UNHEAVY

Do not jerk the bell from the floor.
Do not turn the top into a theatrical lockout.
Let the hands feel almost late to the event.
Allow standing to become the next arc instead of a hard endpoint.

WORKING THOUGHT

The floor lifts me. I happen to be holding the bell.

DO NOT

Snap the knees backward, shrug, lean back, squeeze everything maximally, or hold the breath.

3. WATER TURNS THE MILL

CONVENTIONAL SOURCE: Around-the-body kettlebell pass



REFERENCE VIDEO [Around the Body Kettlebell Pass](https://us.physitrack.com/home-exercise-video/around-the-body-kettlebell-pass)

Physitrack | <https://us.physitrack.com/home-exercise-video/around-the-body-kettlebell-pass>

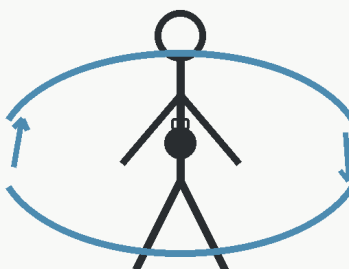
Watch only for the idea of a continuous circular path. Prototype 0.1 uses a two-handed front arc - no blind pass and no hand change.

3. WATER TURNS THE MILL

Controlled circular redirection - prototype version

CENTRE FIRST

Belt buckle, sternum,
and knees turn together.



SMALL ARC

Two hands. Below chest.
Stop gently anywhere.

KEEP FROM CONVENTIONAL

Controlled bell path.

Load remains close enough to manage.

Knees track with the direction of the feet.

MAKE IT UNHEAVY

Begin with two hands and a shallow front arc.

Keep the bell below the sternum.

Let the centre turn before the arms.

Turn belt buckle, sternum, and knees together.

Use an arc small enough to stop gently anywhere.

WORKING THOUGHT

The body turns. The bell discovers that it has turned.

DO NOT

Attempt a blind pass behind the body, a fast orbit, deep twisting, or a hand change during the first sessions.

4. EMPTY AND FULL

CONVENTIONAL SOURCE: Kettlebell side lunge / lateral lunge



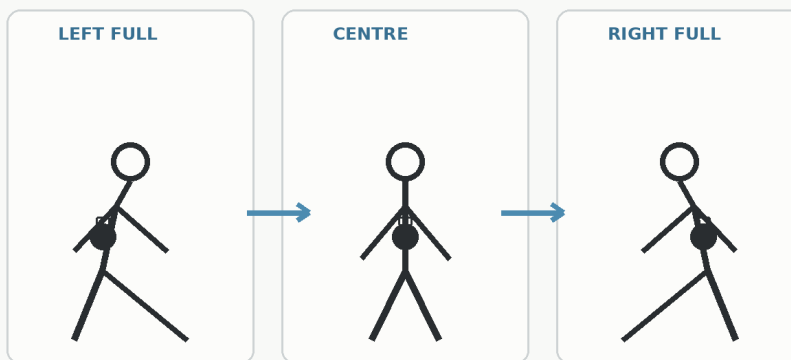
REFERENCE VIDEO [How to Perform the Kettlebell Side Lunge | Powerful Leg & Glute Exercise](https://www.youtube.com/watch?v=OLyBsmkkn-8)

Greg Brookes | <https://www.youtube.com/watch?v=OLyBsmkkn-8>

Watch the side-to-side loading pattern. Unheavy uses a shallow planted-foot transfer, not a depth-seeking lunge.

4. EMPTY AND FULL

Transfer the load - do not lunge deeply



One side receives. The other becomes available.

KEEP FROM CONVENTIONAL

Feet stable.

Loaded knee points with the toes.

Bell remains close.

MAKE IT UNHEAVY

Use a wide but comfortable stance.

Transfer rather than lunge deeply.

Let one leg receive while the other becomes less loaded.

Do not keep both sides equally tense.

Let the bell drift only slightly toward the receiving hip.

WORKING THOUGHT

Can one side become full without the other remaining unnecessarily full?

DO NOT

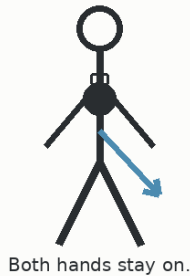
Chase depth, collapse the knee inward, or turn the movement into a strength-test lateral lunge.

TRANSITION 4 -> 5: SECURE HANDOVER

TRANSITION 4 -> 5: SECURE HANDOVER

Two hands become one without losing the bell

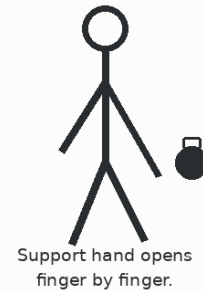
LOWER TO THE HIP



CONFIRM THE GRIP



RELEASE SLOWLY



UNCERTAIN GRIP?

Keep both hands on. Set the bell down.

WHY THIS PAGE EXISTS

Prototype 0.1 remains station-first, but this transition cannot remain implied. It is the moment a two-handed hold becomes a one-handed carry, and therefore the point at which control can disappear fastest.

Three-step handover

Both hands lower the bell from the centre to the carrying-side hip. Keep it close and reduce its motion before changing the grip.

The carrying hand closes around the centre of the handle and confirms that it fully owns the weight. The support hand stays in place.

Only when the bell feels nearly still does the support hand release finger by finger. The carrying arm then lengthens toward the suitcase position.

Secure Handover: Safety Tests

The handover passes when

The bell reaches the carrying-side hip with both hands still attached.

The bell is nearly still before the support hand begins to open.

The carrying hand is centred on the handle and the wrist remains comfortable.

The feet remain settled during the release.

You can reverse the process and return to two hands at any moment.

The first carry step begins only after the one-handed hold is secure.

SAFE ABORT

If the carrying hand does not feel certain, do not rescue the movement with speed. Keep both hands on the bell and guide it to the floor.

WORKING THOUGHT

One hand does not abandon the bell. The other hand gradually becomes unnecessary.

DO NOT

Change hands during the Mill, drop the bell from chest height into one hand, release both hands at once, step while the grip is uncertain, or let the bell swing away from the hip.

5. CARRY THE UNCARVED BLOCK

CONVENTIONAL SOURCE: Kettlebell suitcase carry

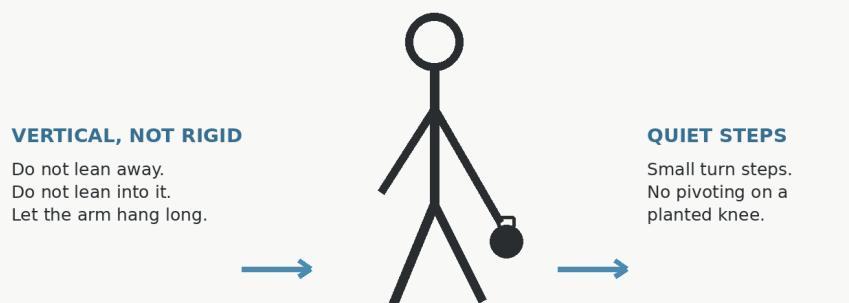


REFERENCE VIDEO [How to do the Suitcase Carry with Kettlebells](https://www.youtube.com/watch?v=jXruWDeA2YA)

Jerónimo Milo | <https://www.youtube.com/watch?v=jXruWDeA2YA>
Watch the one-sided carry position. Unheavy makes the steps quieter and the body less rigid without allowing a lean.

5. CARRY THE UNCARVED BLOCK

Strength without display



KEEP FROM CONVENTIONAL

Torso remains generally upright.
Bell hangs beside the body.
Controlled walking surface and clear path.

MAKE IT UNHEAVY

Let the weighted arm hang long.
Keep ribs over pelvis without becoming rigid.
Take quiet steps.
Turn with several small steps.
Keep the free arm natural and the breath available.
Hold the handle only as firmly as necessary.

WORKING THOUGHT

The bell is suspended from the structure, not hoisted by the shoulder.

DO NOT

Lean away, lean into the bell, shrug, march stiffly, or twist on one planted foot.

6. RETURN TO THE VALLEY

CONVENTIONAL SOURCE: Controlled lowering phase of the kettlebell deadlift



REFERENCE VIDEO [Kettlebell deadlift - Hip Hinge practice](https://www.youtube.com/watch?v=qkRaEB9g_mU)

Bristol Kettlebell Club | https://www.youtube.com/watch?v=qkRaEB9g_mU

Watch the hinge and controlled return to the floor. Unheavy continues past touchdown until the body releases the load internally.

6. RETURN TO THE VALLEY

Completion through settling

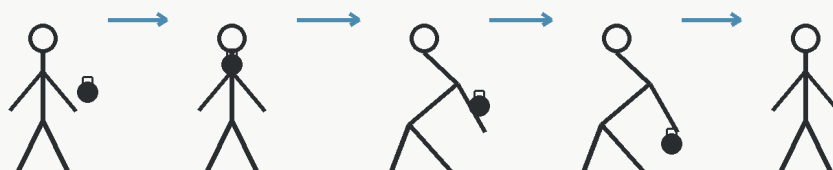
STOP

SECURE

FOLD

PLACE

RISE EMPTY



The form ends when you stop carrying the weight internally.

KEEP FROM CONVENTIONAL

Re-establish stable feet.

Hinge at the hips.

Keep the bell close.

Place the bell on a stable surface.

MAKE IT UNHEAVY

Stop walking before lowering.

Secure the bell with both hands.

Place it rather than drop it.

Release the handle, then rise empty.

Notice whether the body keeps bracing after the load is gone.

WORKING THOUGHT

The form does not end when the iron touches the floor. It ends when you stop carrying it internally.

DO NOT

Rush to get rid of the bell, twist while lowering, or treat a careful interruption as failure.

Your First Session

UNHEAVY PROTOTYPE 0.1 - REVISION B

One careful passage



Right-side carry on one passage. Left-side carry on the next.

The handover is a controlled transition, not a drop from chest to hip.

1. Clear the laboratory

Remove pets, people, cords, breakable objects, and unstable furniture.

Use a flat, non-slip surface.

Give the bell enough room to be placed safely.

Wear stable, flat footwear or follow qualified barefoot-training guidance.

2. Rehearse without the bell

Hip hinge.

Left-right weight transfer.

Small whole-body turns.

Slow, quiet walking and small-step turns.

3. Practise the components

Root into Draw from the Well, then place the bell down.

Two-handed front mill, then place the bell down.

Shallow Empty and Full transfer, then place the bell down.

Secure handover at the hip: lower with two hands, confirm one hand, release the other finger by finger.

Suitcase carry separately in each hand.

Return to the Valley.

4. Attempt one connected passage

Root -> Draw -> small front mill -> shallow transfer -> lower to hip with two hands -> confirm carrying grip -> release support hand finger by finger -> suitcase carry -> stop -> two hands -> Return

DO NOT RUSH INTO ANOTHER

After the First Passage

Perform one careful passage with the right hand carrying and one with the left. Then stop. The first session is an investigation, not a workout.

Notice before you explain

Where did your grip tighten?

Where did your breath change?

Which foot became noisy?

Where did the bell path develop a corner?

Which transition made you hurry?

How long did the body keep bracing after the bell was down?

PAUSES ARE ALLOWED

While learning, a pause is not a failure of continuity. First earn safe positions and safe exits. Later, investigate whether the pauses can dissolve into transitions.

END THE SESSION

Do not repeat the passage until fatigue makes the answer less clear. Write one observation and one change for next time. That is enough for Session One.

The Unheavy Tests

- PASS** You can speak a calm sentence.
- PASS** Your feet do not stamp or scramble.
- PASS** Your grip can soften slightly.
- PASS** Your shoulders do not rise toward your ears.
- PASS** The bell does not pull you into a hurried step.
- PASS** You can interrupt the movement safely anywhere.
- PASS** You can place the bell down without crashing.
- PASS** You feel at least as organized afterward as before.

DO NOT INCREASE THE WEIGHT YET

If 8 kg passes every test easily, first make the path smoother, the feet quieter, the handover less visible, and the settling quicker. In Unheavy, refinement is progression.

Laboratory note

Date / version	
Bell	
Where continuity broke	
Where breath changed	
Unexpected tension	
Discomfort during or after	
One change for next session	

Change one variable at a time. Preserve the failed versions.

Transition Log for Prototype 0.2

Prototype 0.2 should not merely add more elegant instructions. Its transition pages should be written from repeated observations of where the form actually breaks. Use this sheet after each session.

TRANSITION	WHAT ACTUALLY HAPPENED	ONE CHANGE TO TEST
Root -> Draw from the Well	Grip / breath / feet / arc / balance:	
Draw from the Well -> Water Turns the Mill	Grip / breath / feet / arc / balance:	
Water Turns the Mill -> Empty and Full	Grip / breath / feet / arc / balance:	
Empty and Full -> Secure Handover	Grip / breath / feet / arc / balance:	
Secure Handover -> Carry the Uncarved Block	Grip / breath / feet / arc / balance:	
Carry the Uncarved Block -> Return to the Valley	Grip / breath / feet / arc / balance:	

VERSION GATE

Do not call the next manual Prototype 0.2 until these blank fields have become a body of repeated observations. The transition is the unit of practice; eventually it must also become the unit of documentation.

Reference Videos

Each station now identifies its conventional source before showing the diagram and Unheavy modifications. This index repeats the links for verification and general reference. Every URL, title, and description below was checked on July 27, 2026. YouTube playback may still be throttled by the platform, but the video IDs and indexed titles resolve.



[Kettlebell deadlift - Hip Hinge practice](https://www.youtube.com/watch?v=qkRaEB9g_mU)

Bristol Kettlebell Club | YouTube video ID and indexed title verified 2026-07-27

https://www.youtube.com/watch?v=qkRaEB9g_mU



[Around the Body Kettlebell Pass](https://us.physitrack.com/home-exercise-video/around-the-body-kettlebell-pass)

Physitrack | Page title and exercise description verified 2026-07-27

<https://us.physitrack.com/home-exercise-video/around-the-body-kettlebell-pass>



[How to Perform the Kettlebell Side Lunge | Powerful Leg & Glute Exercise](https://www.youtube.com/watch?v=OLyBsmkkn-8)

Greg Brookes | YouTube video ID, indexed title, and exercise description verified 2026-07-27

<https://www.youtube.com/watch?v=OLyBsmkkn-8>



[How to do the Suitcase Carry with Kettlebells](https://www.youtube.com/watch?v=jXruWDeA2YA)

Jeronimo Milo | YouTube video ID and indexed title/description verified 2026-07-27

<https://www.youtube.com/watch?v=jXruWDeA2YA>



[How to Use Kettlebells - And Everything Else a Beginner Should Know](https://www.self.com/story/how-to-use-kettlebells-video)

SELF | Article title and embedded beginner video description verified 2026-07-27

<https://www.self.com/story/how-to-use-kettlebells-video>

Sources and Development Note

Unheavy Foundational Concept - Public Draft - Project document created by Jason S. Comely; philosophical and structural basis for this prototype manual.

[American Council on Exercise beginner ranges](#) - ACE press-room reproduction lists 15-25 lb / 7-11 kg for adult male beginners; checked 2026-07-27.

[NASM kettlebell deadlift library](#) - Conventional hip-hinge setup, lift, and controlled return; checked 2026-07-27.

[Physitrack around-the-body pass](#) - Continuous pass from hand to hand around the body; checked 2026-07-27 and still excluded from first prototype sessions.

[SELF Kettlebells 101](#) - Beginner overview covering bell selection, holding, pickup, and common movements; checked 2026-07-27.

YOUTUBE VERIFICATION

The deadlift (qkRaEB9g_mU), corrected side-lunge (OLyBsmkkn-8), and suitcase-carry (jXruWDeA2YA) video IDs were confirmed against indexed titles and descriptions on July 27, 2026. Direct playback may be rate-limited by YouTube, but the printed IDs, links, and QR codes correspond to those verified pages.

PROTOTYPE BOUNDARY

This manual deliberately avoids ballistic swings, overhead lifts, deep lunges, blind passes, and complex hand changes. Those belong only after the system has earned them through competent review and controlled testing.

UNHEAVY

Strength without aggression. Weight without heaviness.

Jason S. Comely | info@unheavy.org | unheavy.org