

KETTLEBELL SERIES 1: SESSION 2 5/19/24

7 Rounds

4 Reps with the Kettlebell in the Right Hand:

1 Single Arm Swing + 1 Clean + 2 Rack Lunges + 1 Shoulder Press

4 Reps with the Kettlebell in the Left Hand:

1 Single Arm Swing + 1 Clean + 2 Rack Lunges + 1 Shoulder Press

Rest 1 Minute Between Rounds

Suggestions

Men: 44-55#

Women: 26-35#

Goal: Move well and keep it unbroken.

Coaches Notes

Choose a weight that you can perform all 4 reps on one side without putting the kettlebell down. If you need to rest longer between sides or between rounds,

that's fine. We'd rather have you rest more in between so that you can spend more time under tension during the round.

Those 4 reps on one side should take :45-1:00. Don't rush it. Remember to breath and set yourself up in a solid position so you can create that explosive action to move the bell.

If you need to, you can use your free hand to assist the kettlebell to your shoulder for the clean.