

KETTLEBELL SERIES 1: SESSION 4 5/26/24

5 Rounds

3 Turkish Get Ups (R)

3 Turkish Get Ups (L)

30 Eye Level Swings

Rest 1 Minute Between Rounds

Suggestions

Men: 44-55#

Women: 26-35#

Goal: Slow, focused, intentional movement on the Turkish Get Ups.

Coaches Notes

Ideally, the weight is lighter for the Turkish get ups and heavier for the eye level swings. If you only have one weight, go 1-2 reps each round.

Try to go unbroken on the swings and focus on that explosive hip extension paired with a powerful exhale on every rep.

The goal here is to focus on really clean movement, stable positions, and smooth transitions in the get ups. We want to elevate the heart rate and breathing with the swings which will challenge you to maintain that really solid technique on the get ups.