

KETTLEBELL SERIES 1: SESSION 6 6/9/24

Every 2 Minutes for 20 Minutes

9 Double Kettlebell Deadlift

6 Double Kettlebell Clean

3 Double Kettlebell Thruster

Suggestions

Men: 44-55#

Women: 26-35#

Goal: Unbroken for all 18 reps in at least 7 rounds.

Coaches Notes

The volume is really going to add up on this one. Challenge yourself but try to go unbroken for as long as possible. This means going right from the deadlifts into the cleans and right into the thrusters after the cleans.

Adjust your feet after the cleans as they will probably be pretty wide. Bring them in a little bit so you have a better position for the squatting and pressing components of the thruster.

If you need to you can perform these reps with a single kettlebell held by both hands.