

KETTLEBELL SERIES 1: SESSION 7 6/16/24

1 Round

40 Alternating Single Arm Kettlebell Eye Level Swing

40 (20R/20L) Uneven Kettlebell Push Up

40 (20R/20L) Single Shoulder Kettlebell Rack Squat

40 (20R/20L) Single Arm Kettlebell Clean to Press

40 Kettlebell L-Sit Toe Reaches

40 (20R/20L) Single Leg Kettlebell Deadlift

For the movements that specify 20 reps per side, you can switch sides as frequently as you like, just be sure to spread the work evenly.

Suggestions

Men: 44-55#

Women: 26-35#

Goal: Move well and not break any movement up more than 4 times.

Coaches Notes

While you aren't scoring time for this one so that you can focus on quality movement, you should aim to complete it in under 20 minutes.

Your torso will rotate slightly in the bottom of the single arm swing - which is totally fine - just be sure to keep your chest proud and your shoulder pulled back and down as the bell swings between your legs.

If the uneven push up is too hard on your wrist or just too difficult, go to your knees or do regular push ups. The kettlebell should rest in the crook of your elbow during the squats - be sure to keep that elbow high the entire time.

If you need to during the clean, you can assist the bell to your shoulder with your free hand. Break the L-Sit Toe Reaches early. Think sets of 8-12 reps.

Take your time during the single leg deadlifts! Don't rush the down or the up. It helps to "grab" the ground with your toes during the entire movement. If you need to, you can switch those to a staggered stance RDL. (Romanian Dead Lift)