

KETTLEBELL SERIES 1: SESSION 8 6/23/24

6 Sets

Each Set is 3 Rounds of:

3 Kettlebell Kneeling Press, Right Arm

3 Kettlebell Overhead Lunge, Right Arm

3 Kettlebell Snatch, Right Arm

3 Kettlebell Kneeling Press, Left Arm

3 Kettlebell Overhead Lunge, Left Arm

3 Kettlebell Snatch, Left Arm

Rest 1 Minute Between SETS

Suggestions

Men: 44-55#

Women: 26-35#

Goal: Perform each side unbroken the entire time.

Coaches Notes

To be clear, one set is 3-3-3 on the right, 3-3-3 on the left, 3-3-3 R, 3-3-3 L, 3-3-3 R, 3-3-3 L. You'll do that 6 times, resting 1 minute between each of the 6.

Choose a weight for this number of reps and combination of movements that will allow you to do the 3-3-3 on one side without having to break. You can rest between sides if you absolutely need to, but keep in mind that you'll get a nice little rest between sets.

Keep your rib cage down during the kneeling presses. You'll swing the opposite leg of the hand supporting the kettlebell forward to come up out of the lunge. Standing up from the bottom counts as 1 rep of the 3 lunges. Apply constant pressure up and back through the kettlebell with the shoulder. If you're having trouble balancing, perform single shoulder rack lunges. Remember to punch up through the handle during the snatches to limit the crash on the forearm.