

KETTLEBELL SERIES 1: SESSION 10 7/7/24

4 Rounds

100 Meter Single Arm Kettlebell Bottoms Up Carry

10 Kettlebell Waiter Squat (per side)

200 Meter Kettlebell Suitcase Carry

20 Kettlebell Sit Up + Press

Rest 2 Minutes Between Rounds

Switch hands at 50m for the Bottoms Up Carry and 100m for the Suitcase Carry.

Suggestions

Men: 26-44#

Women: 18-26#

Goal: Maintain the bottoms up position for at least 15 seconds at a time.

Coaches Notes

It's OK if you use a different weight for the bottoms up carry than the other movements. That carry will challenge your wrist strength and shoulder stamina big time. Go lighter than you think you need to and focus on a strong wrist and tight fist. If the weight you have access to doesn't allow you to perform the bottoms up carry, swap out a waiter carry.

For the waiter squat, you'll hold the side of the bell in your palm (like a waiter holding a tray of food) with your elbow around a 90-degree elbow. You can switch hands as frequently as you like just be sure to do 10 on each side.

Don't let your shoulder roll forward during the suitcase carry. Consider taking a break at each 50m interval to shake out your hand.

You may need to go lighter on the sit up + press than you think. If you're unable to do 5 or more reps at a time, consider reducing weight or going unweighted.