

KETTLEBELL SERIES 1: SESSION 11 7/14/24

50 Reps of This Complex:

Double Kettlebell Deadlift

+ Right Arm Kettlebell Bent Over Row

+ Left Arm Kettlebell Bent Over Row

+ Double Kettlebell Clean

+ Right Arm Kettlebell Push Press

+ Left Arm Kettlebell Push Press

Suggestions

Men: 44-55#

Women: 26-35#

Goal: Move well and perform each rep unbroken.

Coaches Notes

You'll spend a lot of time under tension for each rep so consider taking a quick break between each rep or every 2 reps. This session is not for time but ideally you'll finish in 12-18 minutes (that's 3-4 reps per minute).

Perform the deadlift with both kettlebells between your feet. Work hard to limit the movement in your torso during the bent over row. Your arm should be the only thing moving for that movement. Come all the way to standing out of the bent over row before performing the clean. If you have to, you can clean one kettlebell at a time.

If you need to you can perform these reps with single arm deadlift, bent over row, clean, and push press. Alternate arms each rep (25 per side).