

# KETTLEBELL SERIES 1: SESSION 12 7/21/24

Every Minute for 5 Minutes (0:00-5:00)

5 Unbroken Reps with Kettlebell in Right Hand:

1 Staggered Stance Eye Level Swing

+ 1 Staggered Stance Snatch

Every Minute for 5 Minutes (5:00-10:00)

5 Unbroken Reps with Kettlebell in Left Hand:

1 Staggered Stance Eye Level Swing

+ 1 Staggered Stance Snatch

Every Minute for 5 Minutes (10:00-15:00)

5 Hike Double Kettlebell Snatch

Suggestions

Men: 44-55#

Women: 26-35#

Goal: Challenge yourself while moving safely.

## Coaches Notes

So for the first 5 minutes, you're only working on your right side. Once you've completed 5 unbroken reps of the 1 swing + 1 snatch complex, you'll rest any time remaining in the minute. Do that same thing on your left side for the second 5 minutes. The final 5 minutes is for double kettlebell snatches, each from the hike position. Those 5 reps do NOT need to be unbroken, but you'll still rest any time remaining in the minute.

Be mindful during the staggered stance swing and snatch to keep your chest proud and drive hard through the heel of the forward foot and the ball of the back foot. These should prime your body nicely for the final and maybe toughest movement of this entire program - the double kettlebell snatch. Take all that you've learned and practiced over the last 11 sessions and challenge yourself to crush these reps! But, of course, be careful while doing them. If they're sketchy, customize to 5 snatches per arm per minute.