

# KETTLEBELL SERIES 2: SESSION 2 8/4/24

## Part 1

### Strength/Practice:

- If you have heavier kettlebells, practice doing all movements heavier before starting the workout. This can be a great way to warm up before going lighter and faster in the full workout.

- There is a lot of pressing in this one, so be sure to thoroughly warm up your shoulders.

## Part 2

### 5 Rounds

9 Kettlebell Burpee Deadlift

12 Double Kettlebell Push Press

12 Double Kettlebell Thrusters

REST 1:1 Between Rounds

\*\*This means rest exactly the same amount of time the round took you to complete

### Suggestions

Men: 30-70# KB(s)

Women: 15-45# KB(s)

\*\*Don't be afraid to use different bells for different movements

Goal: 1:30 - 2:30

### Coaches Notes

This one will allow you to push intensity a bit given that you get to rest the same amount you're working each round.

There is A LOT of pressing in this one, so make sure to use the leg drive as much as possible in the push press and thruster. Choose a weight that will allow you to do the push press and thruster sets without a ton of breaks, but heavy enough that you will not be able to go straight through all 12+12 without breaking.

Kettlebell Burpee Deadlift (double kettlebell):

For the burpee deadlift, think of a devil press without going overhead. Go down, lower chest to sides of bells, jump up, and stand with the kettlebells like a deadlift. That is one rep. Once you bring your feet up out of the bottom of the burpee, take a moment to set your back. As we stand, we want to make sure we're keeping our back flat and pulling our chest up.

Double Kettlebell Push Press:

Moving two kettlebells overhead at the same time can be VERY challenging. Be smart with the weight you choose. We want this to be challenging but we also want you moving well. Focus on a strong lockout overhead. As you return the bells back to your shoulders, make sure to brace your midline while keeping a tall and upright torso. If you only have one kettlebell, do 10-12 reps per side. In this case expect your rounds to be a bit longer, but you should still be able to get through them quickly.

#### Double Kettlebell Thruster:

Be prepared, these are going to get tough - especially after the push press! During the squat portion keep your bells in a solid position with the bells "resting" on your wrists and keeping your fists just under your chin. Your shoulders will be smoked from the push press, so remember to use a lot of leg drive when bringing the bells overhead. If you only have a single kettlebell, do 6 reps per side of a single arm thruster or you can do 12 thruster holding a single kettlebell.

#### 1:1 REST:

Resting 1:1 simply means you will rest as long as it takes you to work. Make sure to keep a running clock visible. When you finish your first round, take a look at the clock to see how long it took you (say a quick prayer to the math gods) and then rest that same amount of time before starting in on your next round. For example, if your first round took you 2:05, you'll rest 2:05 before starting round 2.