

# KETTLEBELL SERIES 2: SESSION 3 8/11/24

## Part 1

### Strength/Practice

- Spend 10:00 playing and switching back and forth between the gorilla row, snatch, and clean to lunge. Try them with a heavier weight than you will use for the workout.

- Move slowly and focus on building some real strength rather than moving as fast as you will during the workout.

- If you don't have heavier bells to play with, add a slow and controlled tempo.

## Part 2

### 5 Rounds

10 (R) Single Kettlebell Snatch

10 (L) Single Kettlebell Snatch

10 Kettlebell Gorilla Row

10 (R) Single Kettlebell Clean to Lunge

## 10 (L) Single Kettlebell Clean to Lunge

Optional Buy In/Cash Out:

2 Minute Run/Bike/Row on each end

Suggestions

Men: 30-70# KB(s)

Women: 15-45# KB(s)

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

Goal: 12-16 Minutes

### Coaches Notes

For this one you have the option of adding some extra spice with the buy-in/ buy-out. If you decide to add this, it should be a hard effort - but not so hard that you wouldn't be able to get right to work on the 5 rounds. It's highly encouraged that if you add this in, you warm up with 80% effort sprints on whatever implement you decide to use.

Each round should take roughly 2:30-3 minutes. Make sure you choose a weight that will allow you to hit that goal.

Both the snatches and clean to lunge are to be done with a single kettlebell completing 10 reps per side. Complete all 10 reps on one side before switching. Sandwiched in the middle you will do a gorilla row with two kettlebells - one in each hand. If you only have one kettlebell, you could easily just do 8-10 reps per side.

### Kettlebell Snatch (single kettlebell):

For the snatch, focus on speed! Keep a "loose" but sturdy grip on your kettlebell so you can smoothly transition the bell through your hand and overhead. Once you go to turn your weight over, there should be a quick and solid lockout. If your grip is too tight, you might find the bell crashing against your wrist - we want to avoid this.

### Kettlebell Gorilla Row (double kettlebell):

For the gorilla row you'll row 1 rep on the right and 1 rep on the left, and all of that is one rep - so R+L= 1 rep. Place your feet in your squat stance, push your hips back, load hamstrings and glutes while keeping your back flat and weight in your heels. From there you'll row one kettlebell from the floor, return to the floor, and then the same on the other side. As you row, focus on keeping a tight and braced midline and avoid shifting weight aggressively from side to side. It's ideal to have two bells for this, but if you only have a single kettlebell, you can customize by doing roughly 8-10 reps per side of the row.

### Kettlebell Clean to Lunge (single kettlebell):

For the kettlebell clean to lunge, again focus on a "loose" but sturdy grip. A loose grip will allow the bell to rotate through your hand smoothly. While you lunge, keep your fist just under your chin with the bell "resting" on your wrist. Focus on maintaining a strong position with your upper back and midline.