

KETTLEBELL SERIES 2: SESSION 4 8/18/24

Part 1

Strength/Practice:

- Take however much time you need to warm up your overhead position. This will be key to moving well and feeling good during this session.

- Spend 5 minutes practicing the turkish get up. Start by doing a rep per side with a very light weight, even something like a shaker bottle or a shoe. Take your time understanding the movement pattern and staying as "stacked" as possible. Keep your eyes on the kettlebell through the entire movement.

Part 2

7 Rounds

10 Kettlebell Overhead Swing

1 (R) Single Kettlebell Snatch

1 (R) Reverse Turkish Get Up

10 Kettlebell Overhead Swing

1 (L) Single Kettlebell Snatch

1 (L) Reverse Turkish Get Up

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

Each round is BOTH sides.

Each round (both sides complete) should take around 1:30-2:00. A single rep of the reverse get up takes up a good chunk of time, so it's important that you don't go so heavy on either movement that you need to take long breaks. You may choose to use a different weight for the swings and reverse get ups.

Kettlebell Overhead (American) Swing:

If you've been around Street Parking for any amount of time, chances are you've done a few of these. These will accumulate over the course of 7 rounds (140 swings), so be smart with the weight you choose. Once it's time to do the swings, you should be able to take a quick breather and get right to work.

Kettlebell Snatch:

There are only two snatches per round, but these will get hard mixed with the other two movements. Keep a loose grip on the bell so it can smoothly rotate through your hand. From there we want to see a quick and aggressive punch

overhead. Once the weight is locked out overhead, you should be able to go directly into your reverse get up.

Reverse Turkish Get Up:

For the reverse turkish get up you're going to start with the weight overhead in a standing position. To initiate the movement: lunge backwards, place your palm on the ground, sweep the leg behind you through to the front and lay all the way down. Once you go to stand, you will do everything in reverse order - sit up while pressing into your palm, sweep your leg back to the bottom of a lunge, and finish by standing out of the lunge. While doing this movement it can be really helpful to keep your eyes looking up at the bell. We want you actively pressing through the shoulder at all times. Be smart with the weight you choose, even if that means going much lighter or unweighted.