

KETTLEBELL SERIES 1: SESSION 1 5/12/24

Kettlebell Snatch Test

100 Kettlebell Snatches (From the Hang Position, Not from the ground)

Suggestions

Men: 44-55#

Women: 26-35#

Goal: 4:30-7:30

Coaches Notes

This is a common snatch test in the kettlebell world. You can switch arms whenever you want but the best approach would be to do at least 10 at a time on one arm before switching. Remember that proper technique is the most important thing here. If you feel that starting to slip, take a break, switch arms, or go to a lighter kettlebell.