

KETTLEBELL SERIES 1: SESSION 9 6/30/24

Every Minute for 12 Minutes

40 Seconds of Max Reps Kettlebell Man Maker

Rest Remaining 20 Seconds Each Minute

*1 Kettlebell Man Maker = 1 Push Up + 1 Double Kettlebell Squat Clean Thruster. Note: There are no rows with this variation.

Suggestions

Men: 44-55#

Women: 26-35#

Goal: 35-60 Reps

Coaches Notes

With a goal of 35-60 reps, you're aiming to perform 3-5 Man Makers in each 40-second window. That should be doable while still focusing on quality movement and hitting each position smoothly.

Keep in mind this variation of the Man Maker does NOT include rowing from the plank position. Be careful during the push ups that either kettlebell doesn't roll over. If you're unsure, do just a regular push up inside of the kettlebells.

If you need to, you can perform alternating single arm KB man makers!