

KETTLEBELL SERIES 2: SESSION 1 7/28/24

Part 1

Strength/Practice:

- Practice all 3 exercises in Part 2 with light bells moving slowly with intention.
- Go through 1-2 rounds with light weight and plenty of rest. Focus on keeping your belly/core very tight.
- Never allow the bells to pull you out of position.

Part 2

EMOM 15 Minutes

(Every Minute on the Minute for 15 Minutes)

Minute 1:

9-12 Deadstop Eye Level Kettlebell Swing

Minute 2:

15-20 Double Kettlebell Push Press

Minute 3:

20-25 Kettlebell Ballistic Row

Suggestions

Men: 30-70# KB(s)

Women: 15-45# KB(s)

**Don't be afraid to use different bells for different minutes

Goal: Challenging load, but hitting numbers with solid movement.

Coaches Notes

For this session we are looking for 35-40 seconds of work followed by 20-25 seconds of rest each minute. Choose a rep scheme each minute that challenges you with the weight you have but that also allows you to move with good form. Whatever rep scheme you decide to do, you should be able to maintain for all 5 rounds. Consider starting with the lower rep range and building over the course of the EMOM.

Deadstop Eye Level (Russian) Kettlebell Swing:

For the deadstop swing make sure you're in a solid hinge position with your heels glued to the floor. In this position we want our back to be flat and hips pushed back so we can load our glutes and hamstrings. Focus on being explosive as the bell comes up by aggressively extending your hips and squeezing your glutes. Make sure that as you reach your bell back to the start position you're able to maintain control and keep your back flat.

Double Kettlebell Push Press:

For the push press be smart about the weight you choose - these will get challenging! Stay aggressive with your dip while keeping your torso in an upright position. As you drive the weight overhead, make sure to find a solid lockout before bringing the weight back down. Once you bring the weight down, focus on receiving in a solid front rack position with your core braced. If you're limited to only one kettlebell, you can do 6-8 reps per side. In this case, be sure you're able to complete all reps inside the minute with enough time to transition into the next movement.

Kettlebell Ballistic Rows (single kettlebell):

For the ballistic row we want to make sure we're always able to keep a flat spine/torso during. Be dynamic/quick but avoid rocking your chest aggressively from side to side. Weight should be in our heels with hips pushed back in a strong hinge position.