

Kettlebells 7th August 2020

10 Minute AMRAP

40 Swings

20 Sumo Squats

20 Clean 10 E/A

30 Clean & Press 15 E/A

20 Overhead Squats 10 E/A

20 Snatch 10 E/A

½ Kneeling (Team Photo Pose 😊😊😊)

30 Seconds per side L/R

- Row
- Clean
- Shoulder Press
- Clean and Press
- Curl

30 seconds per side each exercise

Side Swing

X Body Snatch

Clean and Rotational Press

5 Min AMRAP

Left Side - Swing/High Pull/Clean/Clean & Press/Snatch

Right Side - Swing/High Pull/Clean/Clean & Press/Snatch

5 Minutes EMOM (every minute on the minute do the number of reps indicated)

ADD 2 reps each round

Minute 1 = 12 Alternate Snatch

Minute 2 = 14 Alternate Snatch

Minute 3 = 16 Alternate Snatch ect....