“The Skill Session”

Single Kettlebell Workout.

GOAL:

To improve your skills and techniques with the 6 kettlebell fundamentals (goblet squat, turkish get up, swing, press, clean, & snatch). The goal is to GET BETTER during the workout.

KEY:

The key is the mindset approach to this training session. Strive to improve your technique each set as you work your way through the workout. FOCUS on ONE THING each set to improve on.

“A workout should give you more than it takes from you.”
- Ivan Inanov

The Skill Session.

1. Goblet squats (2 sets of 10)
2. Turkish get ups (2 reps per side, alternate sides)
3. Kettlebell swings (2 hand, Russian style) (5 sets of 10)
4. Strict press (2 sets of 5)
5. Cleans (2 sets of 10)
6. Snatches (3 sets of 10)

Keep the rest at 30 to 60 seconds between all sets. *Exception is for the press - take additional time if performing your true 5 RM press.

Approximate time = 30 minutes.

This workout is designed to be used as a template for improving training performance.

It can (and should) be repeated and used as often as necessary.