



HINGE AND CORE PRACTICE

	MOVES	WORK	
EXERCISE 1	GOOD MORNING	20 sec.	
Rest 40 sec. between sets. Do 4-6 sets.			
EXERCISE 2	EXERCISE 2 RACKED CARRY 20 sec. per side		
Rest 40 sec. between sets. Do 4-6 sets.			



GOOD MORNING
122



RACKED CARRY 127

CLEAN AND CORE WORK

	MOVES	WORK	
EXERCISE 1	CLEAN	20 sec. per side	
	Rest 30 sec. between sets. Do 6-8 sets.		
EXERCISE 2	EXERCISE 2 HOLLOW-BODY FLUTTER KICK 40 sec. per side		
Rest 30 sec. between sets. Do 6-8 sets.			



CLEAN 130

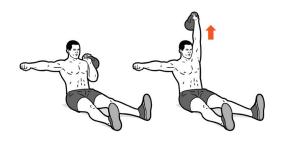


HOLLOW-BODY FLUTTER KICK
128

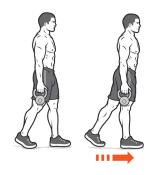


RACK POSITION AND PRESS TRAINING

	MOVES	WORK	
EXERCISE 1	SINGLE-ARM Z PRESS	20 sec. per side	
Rest 40 sec. between sets. Do 4-6 sets per side.			
EXERCISE 2	EXERCISE 2 OFFSET SUITCASE CARRY 20 sec. per side		
Rest 40 sec. between sets. Do 4-6 sets per side.			



SINGLE-ARM Z PRESS 121



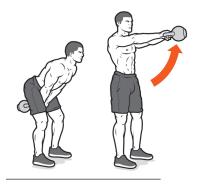
OFFSET SUITCASE CARRY

126

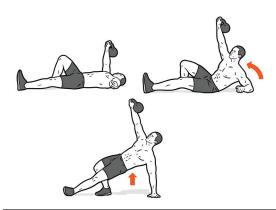


SWING AND CORE WORK

	MOVES	WORK
EXERCISE 1	SWING	20 reps
Rest 60 sec. between sets. Do 5 sets.		
EXERCISE 2 HALF-GETUP 3 reps per side		
Rest 60 sec. between sets. Do 5 sets.		



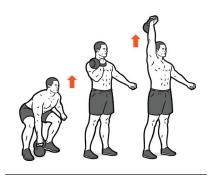
SWING 133



HALF-GETUP 128

DAY 5 MORE CLEAN AND CORE WORK

	MOVES	WORK	
EXERCISE 1	DEAD-STOP CLEAN TO PRESS	5 reps per side	
Rest 45 sec. between sets. Do 5 sets.			
EXERCISE 2	EXERCISE 2 SIDE PLANK 30 sec. per side		
Rest 45 sec. between sets. Do 5 sets.			



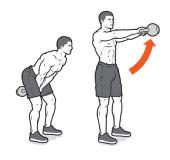
DEAD-STOP CLEAN TO PRESS 130



SIDE PLANK 129

DAY 6 SWING AND CORE PRACTICE

	MOVES	WORK	
EXERCISE 1	SWING	30 sec.	
Rest 60 sec. between sets. Do 5 sets.			
EXERCISE 2	EXERCISE 2 HOLLOW-BODY FLUTTER KICK 15 sec. per side		
Rest 60 sec. between sets. Do 5 sets.			





SWING 133

HOLLOW-BODY FLUTTER KICK 128

DAY 7 HINGE AND CORE STRENGTHENING

MOVES EXERCISE 1 GOOD MORNING Rest 40 sec. between exercises, 60 sec. between sets. Do 4–6 sets. EXERCISE 2 BOTTOMS-UP MARCH Rest 40 sec. between exercises, 60 sec. between sets. Do 4–6 sets.



GOOD MORNING
122



BOTTOMS-UP MARCH 126

NON-ELOW WORKOUTS

DAY 14	Clean Practice and Core/Shoulder Strength
DAY 13	Snatch Practice + Grip and Core Strength
DAY 12	Full-Body Strength
DAY 11	Swing Practice and Core Conditioning
DAY 10	Full-Body Strength
DAY 9	Keep Building Clean Proficiency
DAY 8	Full-Body Strength Session
WORKOUTS	

3 THINGS TO THINK ABOUT

OWN THE BELL.

Flex your wrist ever so slightly when holding the bell at your shoulder (and even as you press up).

ABS TIGHT.

On overhead moves, avoid arching your back. Flex your abs to protect your spine...trust us on this.

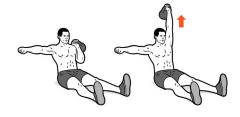
OWN THE PLANK.

You'll do plenty of Planks, Side Planks, and Bear Crawls this week. Create as much tension as possible during every second. Make your abs work!



FULL-BODY STRENGTH SESSION

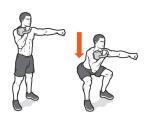
	MOVES	WORK	
EXERCISE 1	SINGLE-ARM Z PRESS	6-8 reps	
	Rest 45 sec. between sets. Do 4 sets	S.	
EXERCISE 2	BENT-OVER SINGLE-ARM ROW	6-8 reps	
	Rest 45 sec. between sets. Do 4 sets.		
EXERCISE 3	SINGLE-ARM FRONT SQUAT	8-12 reps	
	Rest 45 sec. between sets. Do 4 sets.		
SUPERSET FINISHER	SUPERSET FINISHER SINGLE-ARM SNATCH 20 sec. per side		
	OFFSET SUITCASE CARRY	20 sec. per side	
Rest 90 sec. between sets. Do 4 sets.			



SINGLE-ARM Z PRESS 121



BENT-OVER SINGLE-ARM ROW 116



SINGLE-ARM FRONT SQUAT 125











SINGLE-ARM SNATCH 132

OFFSET SUITCASE CARRY 126



KEEP BUILDING CLEAN PROFICIENCY

	MOVES	WORK
EXERCISE 1	CLEAN	30 sec. per side
Rest 30 sec. between sets. Do 6-8 sets.		
EXERCISE 2 HOLLOW-BODY FLUTTER KICK 40 sec. per side		
Rest 30 sec. between sets. Do 6-8 sets.		





CLEAN 130 HOLLOW-BODY FLUTTER KICK 128

FULL-BODY STRENGTH

	MOVES	WORK	
EXERCISE 1	PUSHUP OVER KETTLEBELL	10-12 reps	
	Rest 30 sec. between sets. Do 4 sets.		
EXERCISE 2	ELEVATED PLANK ROW	10-12 reps	
	Rest 30 sec. between sets. Do 4 sets.		
EXERCISE 3	DEADLIFT	12-20 reps	
	Rest 30 sec. between sets. Do 4 sets.		
SUPERSET FINISHER	SUPERSET FINISHER CLEAN 20 sec.		
	OVERHEAD CARRY	20 sec. per side	
Rest 60 sec. between sets. Do 4 sets.			



PUSHUP OVER KETTLEBELL 120



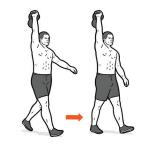
ELEVATED PLANK ROW 118



DEADLIFT 122



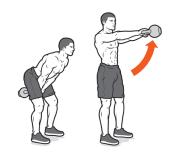
CLEAN 130



OVERHEAD CARRY 127

SWING PRACTICE AND CORE CONDITIONING

	MOVES	WORK
EXERCISE 1	SWING	15 sec.
Rest 30 sec. between sets. Do 6-8 sets.		
EXERCISE 2 PLANK CRAWL AND CARRY 30 sec.		
Rest 30 sec. between sets. Do 6 sets.		





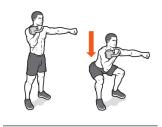
SWING 133 PLANK CRAWL AND CARRY
129

FULL-BODY STRENGTH

	MOVES	WORK
SUPERSET 1	GOOD MORNING	8-12 reps
	SINGLE-ARM FRONT SQUAT	8-12 reps
Rest 30 sec. between sets. Do 6 sets.		
TRISET 1	ET1 SINGLE-ARM Z PRESS 6-10 reps	
	PLANK CRAWL AND CARRY	6-10 reps
HOLLOW-BODY PULLOVER 10-15 reps		
Rest 60 sec. between sets. Do 2 sets.		



GOOD MORNING
122



SINGLE-ARM FRONT SQUAT 125



SINGLE-ARM Z PRESS 121



PLANK CRAWL AND CARRY 129

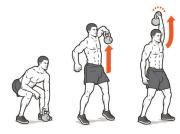


HOLLOW-BODY PULLOVER 118

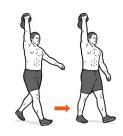


SNATCH PRACTICE + GRIP AND CORE STRENGTH

	MOVES	WORK	
EXERCISE 1	SINGLE-ARM SNATCH	20 sec. per side	
Rest 40 sec. between sets. Do 4-6 sets.			
EXERCISE 2	OVERHEAD CARRY	20 sec. per side	
Rest 40 sec. between sets. Do 4-6 sets.			



SINGLE-ARM SNATCH 132



OVERHEAD CARRY 127



CLEAN PRACTICE AND CORE/SHOULDER STRENGTH

	MOVES	WORK	
EXERCISE 1	CLEAN	20 sec.	
Rest 30 sec. between sets. Do 6-8 sets.			
EXERCISE 2	PLANK CRAWL AND CARRY	40 sec.	
Rest 30 sec. between sets. Do 6-8 sets.			





CLEAN 130 PLANK CRAWL AND CARRY 129

EXERCISE GLOSSARY



GOOD MORNING

Stand with a kettlebell held at your chest, feet shoulder-width apart. Bend your knees slightly, then push your butt back and hinge at your hips, lowering your torso toward your feet. Make sure your shoulders stay above your hips. Pause. Stand up, squeezing your glutes. That's 1 rep.



RACKED CARRY

Grab a kettlebell and rack it, holding the kettlebell in front of your chest with your elbows tucked, your palm facing in, and the bottom of the bell resting between your biceps and forearm. Walk 50 to 75 feet. That's 1 set.

CLEAN

Stand over a kettlebell, feet shoulder-width apart. Bend your knees, push your butt back, and grasp the bell with both hands. Explosively stand, pulling the bell upward and close to your body. "Catch" it at your shoulders. Lower it to your hips, then to the floor. That's 1 rep.









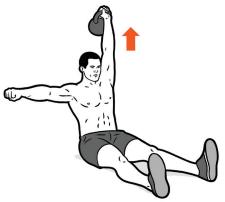
HOLLOW-BODY FLUTTER KICK

Lie on the floor holding a kettlebell over your right shoulder in your right hand. Pressing your lower back into the floor, lift your legs and shoulder blades off the floor. This is the start. Raise your right leg several inches as you lower your left leg a few inches. Reverse the movement. Do this for prescribed time.



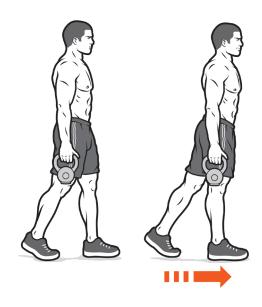


left hand at your shoulder. Straighten your left arm, pressing the kettlebell overhead. Pause, then slowly lower it back to your shoulder, keeping your elbow close to your torso and taking 3 seconds to do this. That's 1 rep.



OFFSET SUITCASE CARRY

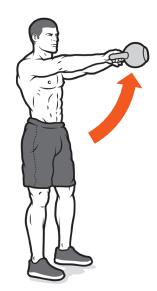
Hold a kettlebell in your right hand by your side like a suitcase, keeping your shoulders square and upright. Maintain that posture as you walk forward for the prescribed distance. Repeat on the other side.

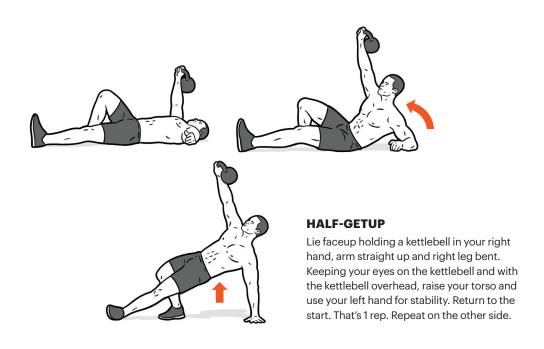


SWING

Set a kettlebell on the floor in front of you, stand over it with feet just past shoulder-width, and grab the handle with both hands. Swing the weight back between your legs. Stand and squeeze your glutes, propelling the bell forward. As the bell's momentum stops and it shifts backward, push your butt back again, beginning the next rep.

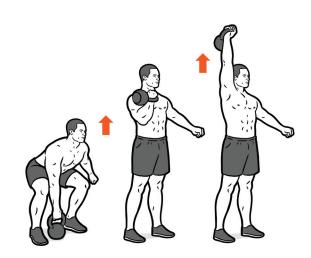


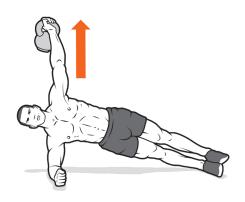




DEAD-STOP CLEAN TO PRESS

Stand over a kettlebell. Push your butt back and lower your torso until you can grasp the bell with your right hand. This is the start. Stand explosively, squeezing your glutes, and pull the kettlebell off the floor. As it approaches shoulder height, pull it toward your chest and tuck your forearm beneath it. Bend your knees slightly, then stand explosively, straightening your arm overhead. Lower the bell to your shoulder, then back to the floor. Repeat on left. That's 1 rep.





SIDE PLANK

Lie on your left side and prop your upper body up on your left forearm. Hold a kettlebell in your right hand and raise your right arm straight up. Raise your hips until your body forms a straight line from ankles to shoulders. Now brace your abs and hold for the prescribed amount of time. Repeat on the other side.

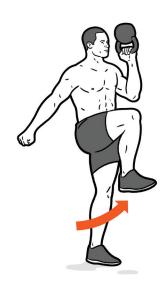


BENT-OVER SINGLE-ARM ROW

Stand with a kettlebell in your right hand. Push your butt back and hinge at the waist, lowering your torso until it's at a 45-degree angle with the floor. Position the kettlebell close to your shin. This is the start. Row the bell toward your right rib cage, keeping your hips and shoulders square. That's 1 rep.

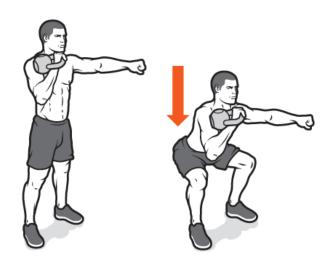
BOTTOMS-UP MARCH

Hold a kettlebell at your left shoulder, with the bell facing the ceiling and your forearm perpendicular to the floor. Without letting the bell tip, march, driving your left knee high first, then your right knee. Alternate march steps for prescribed time. Switch hands and repeat.



SINGLE-ARM FRONT SQUAT

Grab a kettlebell in your right hand and rack it. Stand with your feet shoulder-width apart and hold your left arm straight out in front of you. Push your hips back and lower your body as far as you can. Pause, and return to the starting position. That's 1 rep. Repeat on the other side.



SINGLE-ARM SNATCH

Spread your feet slightly beyond shoulder width and use one hand to grab the handle of a kettlebell resting on the floor. In a single move, try to throw the weight at the ceiling (without letting go). Keep the kettlebell close to your body, allowing your forearm to rotate up and back as you bring yourself under the weight. Lower it to the floor. That's 1 rep. Repeat on the other side.

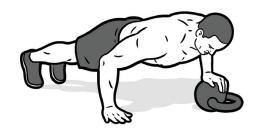




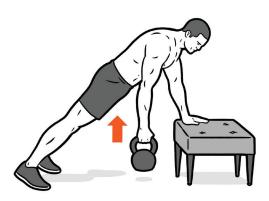


PUSHUP OVER KETTLEBELL

Assume the classic pushup position with your left hand on a kettlebell, lying on its side. Perform a pushup. At the top of the move, walk your hands laterally until your right hand is on the weight and do another pushup. That's 1 rep.









ELEVATED PLANK ROW

Set up in plank position, with your left hand on a bench, box, or chair in front of you. Hold a lightweight kettlebell in your right hand, arm hanging naturally. This is the start. Row the weight to your right ribcage; pause for a moment, then return to the start. That's 1 rep.

DEADLIFT

Spread your feet slightly beyond shoulder width, push your hips back, and use both hands to grab the handle of a kettlebell resting on the floor. Stand up, thrusting your hips forward. Pause, then lower the weight back to the floor. That's 1 rep.





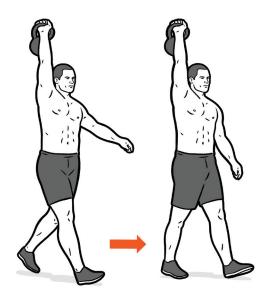






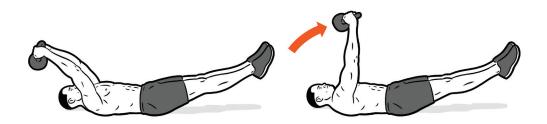
PLANK CRAWL AND CARRY

Assume a pushup position with a kettlebell on the floor between your hands. "Walk" forward, moving your hands and feet in small steps. When the kettlebell is at your waist, move it forward so it's between your hands again. That's 1 rep. Do the prescribed reps, alternating the hand you use to move the kettlebell forward.



OVERHEAD CARRY

Hold a kettlebell high above your head and walk forward. Keep your core braced and your biceps at your ears. Move forward for prescribed time.



HOLLOW-BODY PULLOVER

Lie on your back and hold a kettlebell overhead. Pressing your lower back into the floor, lift your legs, shoulder blades, and arms a few inches. This is the start. Pull the kettlebell up so that it's above your chest. Pause, then return to the start. That's 1 rep.