

MOTIVNY Kettlebell Skills & Conditioning Class

Sample Workouts

KB SKILLS:	SETS:	REPS:
Animal flow limb lifts	2 set	30secx30sec
Half Kneeling Halos	2 set	5 per
Kickstand Dead Lift	2 sets	3 per
2 handed clean hold & march	2 sets	30sec
Hike Swing	2 sets	5 reps
Deadstop swing	3 sets	5 reps
SA plank	3 sets	20sec per
DBL Front rack reverse lunge	3 sets	5 reps per
Gorilla Rows alternating w rotation	3 sets	10 reps
side kickthroughs	3 sets	10 reps
emom 8 min		
2H swing 8-10 at top of minute		

KB CONDITIONING:	SETS:	REP:
HK Halos	2 sets	5 reps per
single leg rdl clean knee front step	2 sets	3 reps per
Lateral Lunges	2 sets	1 min
Single Arm Clean	3 sets	1 min
half butterfly 1/2 kick thru hands lock	3 sets	30s per side
1/4 TGU	2 sets	2 reps per
vertical jump	2 sets	3 reps
Practice: push press	2 sets	1 per
Double KB Deadstop swing	3 sets	5 reps per
side plank from knee	3 sets	30sec per
12 min EMOM		
M1: DBL swings		12 reps
M2: SA push press		3 per
M3: alternating row		3 per