

HALF SNATCH

- 1 Prepare to swing the kettlebell. Refer to technique #10.
- 2 Make sure to follow through on the down swing, arm reaches through the top, and torso and head follow.
- 3 Using your glutes and back of legs, stand up, straightening the legs to drive the kettlebell up.



TIP:
Pull the shoulder and elbow back slightly.

- 4 Track the kettlebell under to technique #10, making sure to lock out the elbow and the feet are in place.



TIP:
Catch the handle with the fingers, not the thumb. Fully across the palm, with the ball resting on the forearm.



- 5 Lower the kettlebell to the racked position and repeat starting from the swing.



1 ARM CHAIR PRESS

- 1 Begin seated with your legs shoulder width apart, feet flat on the floor and the kettlebell in the racked position.



TIP:
Keep legs stationary, this is a strict upper body exercise.



- 2 Contract your lower body muscles to keep your legs still, press the kettlebell, and lock your elbow.



- 3 Lower the kettlebell back to the rack position.



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Sebastian Brünink



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