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BOWIE

KETTLEBELL CLUB

Ten (10) Week Program

Saturday

- Wk. 1. Intro. to the Plank, the Bridge, Wall squat, KB Dead lift, the KB 2 Hand Swing, and the 1 HD Swing . 5x30sec. (2HD Swings) [T5 min.]
- Wk. 2. Part 1 of the TGU, the C & P, the Push Press, Straight Line Press, 4 pt plank, and Super Plank.
5x30sec (swings) finish with 30sec. walk outs. Rest 30 sec between sets. [T5min. 30sec.]
- Wk. 3. Intro. to the Partner Deck Squat, Goblet Squat, Clean and Squat, Squat Push Press, and Goblet Squat Push Press w/ overhead tricep extension.
(Reverse Ladder Challenge No. 6A)
- Wk. 4. Intro. to the Negative Janda sit up, KB Crunch, KB sit up to get up, Russian Twist, and Alternating Chest Press from the ground.
5x30sec. (5 Swing and 5 Goblet Squat) finish with 30sec. walk outs. Rest 30 sec between sets. [T10 min.30 sec.]
- Wk. 5. Intro. to the High Pull and Snatch; Sling Shot, Halo, Good Mornings, Suit Case Dead Lift.
(Fat Burn Challenge No.1) [T10 min.]
- Wk. 6. Intro. to Dbl KB Lifts; Dbl Swing, Dbl Clean, Double C&P.
(Double Kettlebell Challenge Supersets No.10) [T10 min.]
- Wk. 7. Intro. to the Windmill, Dbl. KB Windmill, Bottoms Up Press, and Single Leg Dead lift.
5 sets 10x3 (10 Swings and 3 Snatches) finish with 60 sec walk outs.
Rest 30 sec. between sets. [T6-8 min.]
- Wk. 8. Turkish Get Up (TGU) and the H2H Snatch; Hip hinging with power
(Fat Burn Challenge No. 2) [T10 min. 30 sec.]
- Wk. 9. Dbl KB's; Dbl. Dead Lift, Dbl. Swing, Dbl. Clean, Dbl, Press, See Saw Press, Dbl. Lat Pulls, Alt. Clean and Press.
5x30sec. (2HD Swings) finish with 30sec. walk outs. Rest 30 sec between sets. [T5m30s]
- Wk. 10. (KB Maintenance Training No. 8)
Worth the price of admission!



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