

RACKED & LOADED

101 Kettlebell
Complexes to
Blast Fat,
Boost Muscle,
and
Strengthen
the Flesh

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Pat Flynn

ChroniclesOfStrength.com **Pat Flynn**

Racked and Loaded:

101 Kettlebell Complexes to Blast Fat, Boost Muscle, and Strengthen the Flesh (Vol 2.0)

By Pat Flynn
ChroniclesOfStrength.com

What Is Pat Flynn?



Author, blogger, fitness minimalist; party scientist, 7th degree black belt in hanging out. I help people do more with less.

I am the founder of ChroniclesOfStrength.com, a blog on fitness minimalism, and chief contributor to the [Chronicles of Strength Inner Circle](#), a monthly newsletter dedicated to helping people reach their goals through minimalist strength and conditioning programs.

I am the author of [Paleo Workouts for Dummies](#) (Wiley, 2013), “An excellent book on modern training with an awful title” —Dan John, and [Fast Diets for Dummies](#) (Wiley, 2013).

Shoot me a message on [Facebook](#) ([Facebook.com/chroniclesofstrength](https://www.facebook.com/chroniclesofstrength)) and let’s chat about your goals.

A Brief Introduction

Editors Note: *The major function of this eBook is to supply you with kettlebell complexes—a whole congress of them, in fact—to blast fat, boost muscle, and strengthen the flesh with.*

Observe, intelligent reader, that these are merely parts of an exercise program, not the whole. They are a metabolic component, which is best described, perhaps, as the bourbon to the sauce of your training program. A little bourbon goes a long ways; but too much, and you ruin the sauce.

- Pat

Reader, the kettlebell complex, you must understand, is a grim and vile thing. It is simple and dignified in its usefulness, but do what one may, there is no getting any air of pleasure into it. It is fierce, cruel, and effective. For fat loss, you can do none better; so learn to tolerate it, as you would a bunion, Doylestown, PA, or a mother-in-law.

I do not mean to alarm you, but only to caution you. Do not do these complexes everyday; such heedlessness would push you over the edge of folly. As I mentioned in my note above, these are to be inserted into the metabolic conditioning component of a minimalist strength and conditioning program (see below for suggestions). Too much metabolic work, despite so many romantic notions to the contrary, is not a good thing. In this instance, less is more. That is, 1-2 times per week, for 15-30 minutes a session.

If strength and fat loss is what you seek, the formula for success is very plain:

Metabolic Conditioning—low frequency & low duration

Strength Training—moderate frequency & moderate duration

Brisk Walking—high frequency & high duration

THAT, respected reader, is both the minimum and the maximum—the intersection between doing the right things (being effective) and doing things right (being efficient). The aim of the minimalist, remember, is to reduce his efforts to the irreducible minimum—to do the LEAST amount he needs to do to get the job done, and not a smidgeon more.

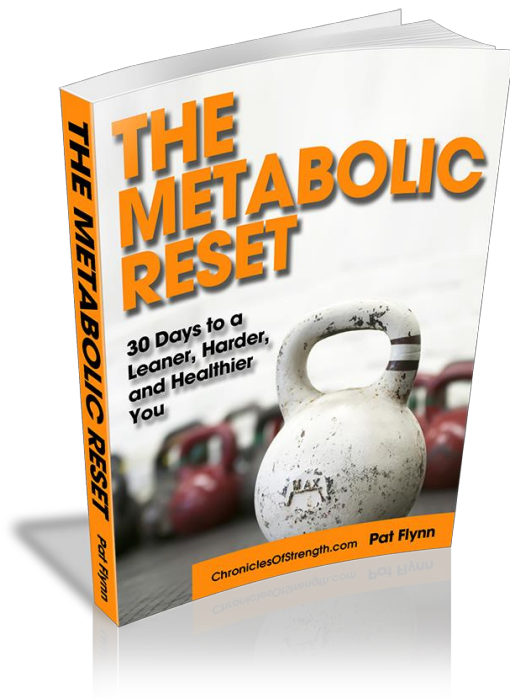
I am of the firmest belief that any exercise program will increase in direct ratio to the number of things you can keep out of it that shouldn't be there. In other words, an exercise program should contain no unnecessary workouts; a workout no unnecessary exercises. Henceforth, my goal, as a fitness minimalist, is to help you increase your individual expediency, to make gains more efficiently, to eliminate the clutter, and to focus on nurturing what bears the most fruit.

Two Essential Resources, Before We Begin

I want to help you reach your goals, safely and efficiently.

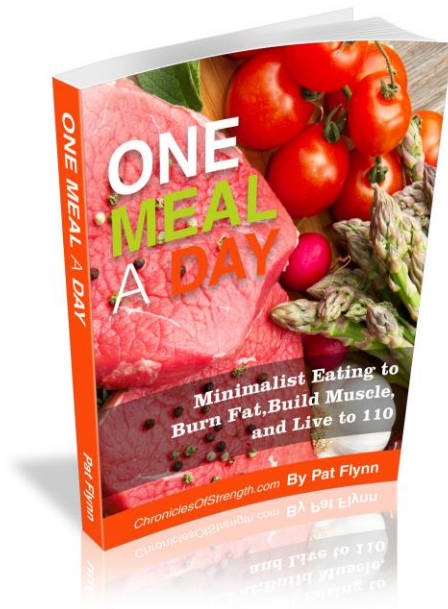
So here, if I might be immodest, are my two best minimalist strength, conditioning, and fat loss programs. I wrote them to lay everything out for you, to clean up the clutter, clear up the confusion, and make success a no-brainer. There is no guesswork here, all you have to do is take the programs, do them, and get awesome results.

The Metabolic Reset



The Metabolic Reset is an intense 30-Day intermittent fasting and minimalist strength and conditioning program. If you are new to fasting and fitness minimalism, or intermittent fasting, start here. This program is strict and requires a strong 30-day commitment; serious folks only please.

One Meal a Day



One Meal a Day is a controlled (not intermittent) fasting and minimalist strength and fat loss program. It's tough, but I've heard it's worth it. [CLICK HERE](#) to get it now.

WARNING: This is NOT a “beginners program”, do NOT start here. Start instead with The Metabolic Reset, and only after you've completed that should you move onto One Meal a Day.

To get BOTH of these programs, simply:

1. [CLICK HERE](#) and subscribe to the Inner Circle (\$20/month—cancel anytime)
2. After you do that, email me at PatFlynn@ChroniclesOfStrength.com with the subject line of “Met Rest” and I'll send them both your way, along with a few cool free bonuses, too.

NOTE, TIME IS A FACTOR: This offer is EXCLUSIVE to anyone who has downloaded this eBook, and will only be kept available for a short time. These eBooks, sold separately, are \$37 each. You get them both for \$20, just for coming and trying out my Inner Circle for a month, where we will work together on reaching your goals. There's no risk, and no pressure to stick around if you don't want to.

101 Kettlebell Complexes to Blast Fat, Boost Muscle, and Strengthen the Flesh



Unless stated specifically otherwise, the rule for these complexes is this: set 15 minutes on the clock and work as many rounds as you can with GOOD form. That last part is important and enormous. I want you to challenge yourself, but remain successful at all times. Put the bells down the moment your form starts to falter. I do not tolerate sloppy reps, and you shouldn't either. Make your last rep as clean, crisp, and fluid as your first. Consistency!

Also, do not attempt to take on a complex that is too heavy a contract for you—either in intensity or complexity. Work up to the more heinous endeavors, and take the time to build your fundamental skill with a kettlebell (swing, squat, clean, press, snatch, and Turkish get up—of which I have plenty of tutorials for on my site) before attempting anything virtuosic.

But What Is a Kettlebell Complex?

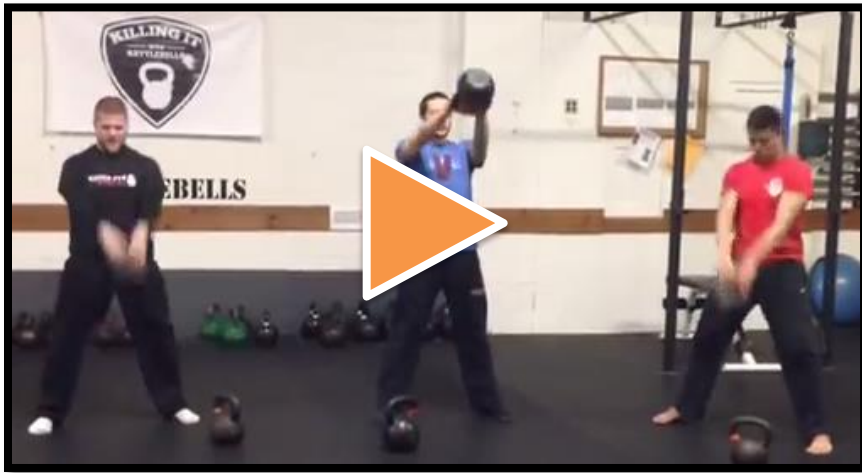
A kettlebell complex, put simply, is a strength builder, muscle-maker, and body-fat reducer—all in one. Some are constructed to lean more heavily into one particular domain (build muscle, blast fat, boost endurance, etc), but all of them, as they are constructed here, are metabolic endeavors.

A metabolic complex chief aim is to improve the efficiency at which the body stores and delivers energy, by taxing various muscle groups and energy systems simultaneously. The

method can be couched conveniently in the following formula: moderate strength efforts + elevated cardiovascular stress = metabolic conditioniong. Complexes are simply one form of metabolic conditioning, and I prefer them to most all other forms, excepting only sprint work.

300 Swings + Armor Building

Complete 300 kettlebell swings, doing as many sets as you need to in order to maintain excellent form throughout (e.g. running twice through a ladder of 50-40-30-20-10 swings or however you want to break it down but you cannot perform a set of swings higher than 50 reps). Between each set of swings, you must perform one round of Armor Building: 2 cleans, 1 military press, 3 front squats.



The Bear

Perform as many quality rounds as possible in 15 minutes of:

3 double clean and press

Staggered Bear Crawl Hold, 5 seconds/side x 2



The Complex with No Name

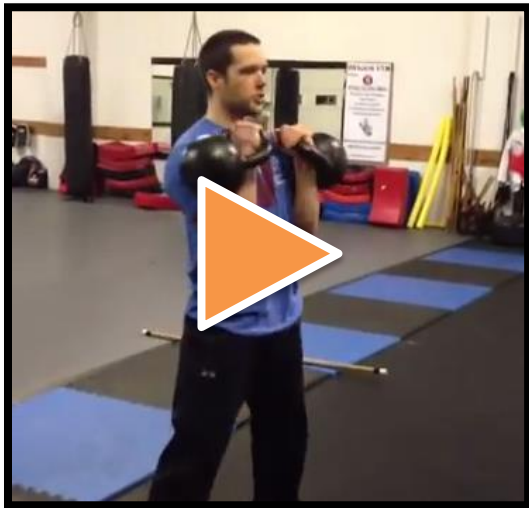
Perform 3 reps of each movement:

Double clean

Double press

Double front squat

Perform as many rounds of this as possible in 15 minutes.



The Seductive Leopard Crawl

As many quality rounds as you can in 15 minutes

3 reps each:

One arm swing

Clean and press

Snatch

Front squat

Leopard crawl (50 feet)



Swing and Goblet Squat Ladder

10 two-hand kettlebell swings / 10 goblet squats, 10 swings / 9 goblet squats, 10 swings / 8 goblet squats...ladder down until you perform 10 swings / 1 goblet squat



Off the Chertz

Ladder up to 5 reps each of:

Double swing

Double military press

Double front squat

(1 rep each, 2 reps each, 3 reps each...)



Armor Building

As many quality rounds as possible in 15-20 minutes of:

2 cleans

1 military press

3 front squats



Killaz

As many quality rounds in 15 minutes of:

1 clean

1 see-saw press (one on each side)

1 front squat



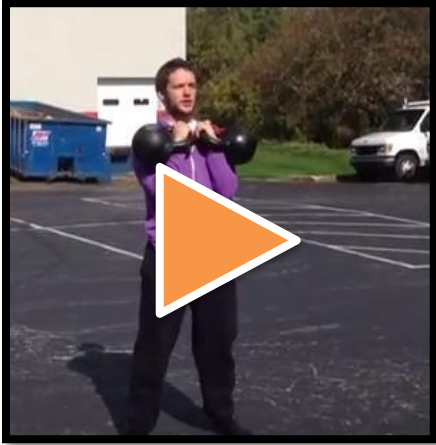
100 Rep Snatch Challenge

Use as few hand switches as possible to get 100 snatches completed in five minutes or less. While typically men are to use 24kg and women 16kg, choose whatever weight you'd like.



Kettlebells for Strength

Put 15 minutes on the clock and alternate between reps of clean and press and front squat, going up a ladder from 1 to 3 reps (e.g. 1 clean and press / 1 front squat; rest; 2 clean and presses / 2 front squats; rest...) Get in as many quality ladders as possible in this time period.



The Smoker

2-3 rounds of the following 1 to 5-rep ladder (e.g. 1 swing, 1 clean, 1 press, 1 squat, then two reps of each, then three... don't switch sides until you've completed the 1-5 ladder):

One-arm swing

Clean

Military Press

Squat



Snatch Technique KWOW

Perform an ascending ladder of snatches (or any other explosive movement, e.g. the kettlebell clean) of as many *quality* reps as you can. Once your form begins to deteriorate, start back at the bottom of the ladder:

1 rep snatch (per side)

2 reps snatches (per side) ... if you get a bad rep at the 8 rep mark, say, then go back to the beginning of the ladder.

Do this for 15-20 minutes.



The Nine Minute Complex from Hell

One-Hand Swing x 60 Seconds (30 seconds on your right + 30 seconds on your left)

One Arm Clean x 60 Seconds (30 seconds on your right + 30 seconds on your left)

One Arm Snatch x 60 Seconds (30 seconds on your right + 30 seconds on your left)

One Arm Clean and Press x 60 Seconds (30 seconds on your right + 30 seconds on your left)

Lunge x 60 Seconds (30 seconds on your right + 30 seconds on your left)

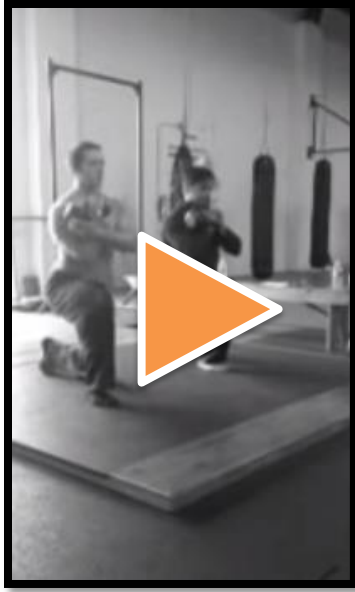
Single Leg Deadlift x 60 Seconds (30 seconds on your right + 30 seconds on your left)

Two Hand Swing x 30 Seconds

Goblet Squat x 30 Seconds

Push Press x 60 Seconds (30 seconds on your right + 30 seconds on your left)

Swing Burpee x 60 Seconds



A Get Up for Good Measure

As many quality rounds as possible in 15 minutes of:

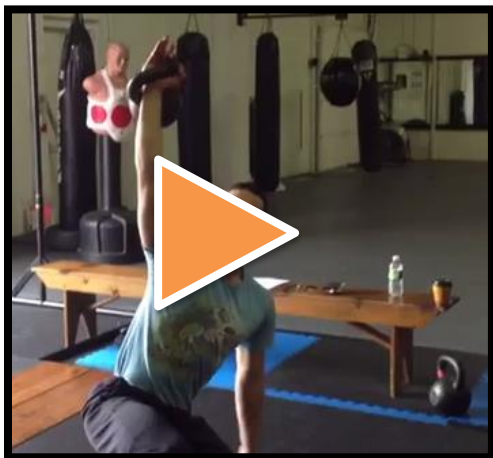
5 x One-Arm Swing

5 x Clean

5 x Snatch

1 x Reverse Turkish Get-Up

Switch sides and repeat.



The Man Maker

As many quality rounds in 15 minutes of each cycle:

2 x Double clean

2 x Push-ups

2 x Double clean

2 x Front squat

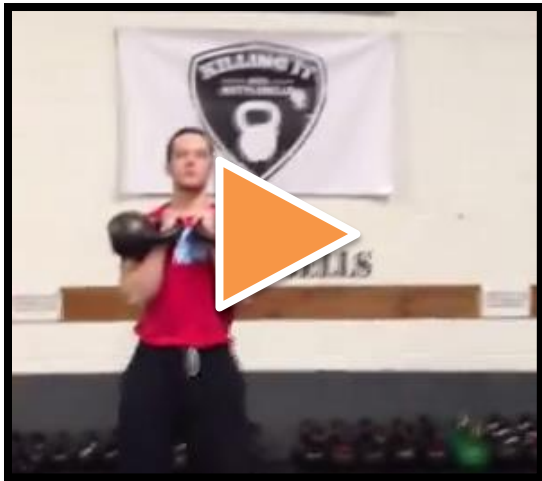
2 x Push-ups

2 x Double clean

2 x Front squat

2 x Military press

2 x Push-ups



Jerk It

10 double jerks

10 double swings

10 double cleans



The Muscle Masher

3 reps each of:

Double swing

Double High pull

Double Front squat

Double Clean and press

Double Front squat

Double Sumo deadlift



Beastmother

As many ladders as possible in 15 minutes (remember, quality!)
Ladder from 2 reps to 4 reps to 6 reps to 8 reps and then back down of:
One arm swing
Clean and press
Snatch
Front squat



Simple Strength

Run as many ladders of double clean and press with the rep scheme 1 rep, 2 reps, 3 reps as you can in 15 minutes



Shake and Bake

5 reps each of:

Double swings

Double front squat

Double military press

Double one-legged deadlift/side

Push-ups



The Five Minute Complex from Hell

Perform 30 seconds of each of the following exercises (30 seconds right/30 seconds left)

One-Arm Swing

Clean

Snatch

Push Press

Front Squat



High Voltage / Sprints

Complete 5 reps of each exercise on your right side:

One-arm swing

Clean

High pull

Press

Snatch

Sprint 50 meters

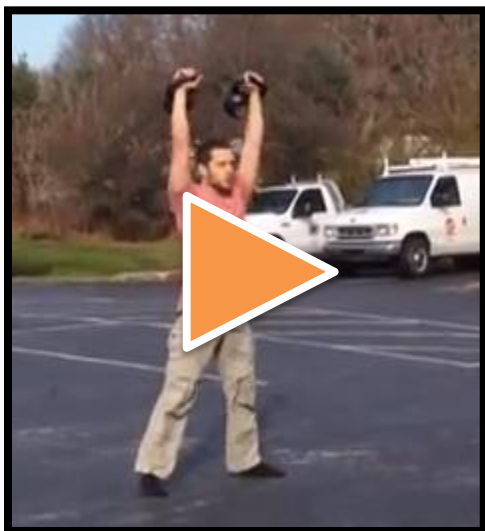
Repeat on left side



The Great Destroyer

Perhaps the most notorious of all my creations.

- 10 Double Swing
- 10 Double Snatch
- 10 Front Squat
- 10 Clean and Press
- 10 Push Up on the Bells



The MahFahKah

- 15 Double Swing
- 15 Double Snatch
- 15 Front Squat
- 15 Clean and Press
- 15 Push Up on the Bells
- 15 Bent Over Rows



The Aristocrat

- 5 front or goblet squats
- 3 position (1/4, 90 degrees, and active bottom) squats holding for 15 seconds each
- 5 front or goblet squats



Single Sequential Dismay

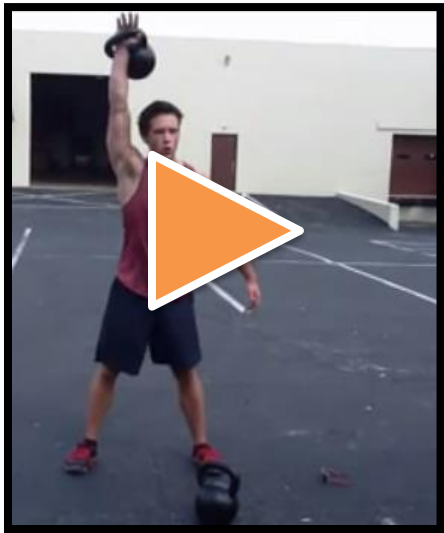
Clean - 8 reps + Front Squat - 5 reps(L+R)

Clean - 5 reps + Front Squat - 3 reps(L+R)

Clean - 3 reps + Front Squat - 2 reps(L+R)

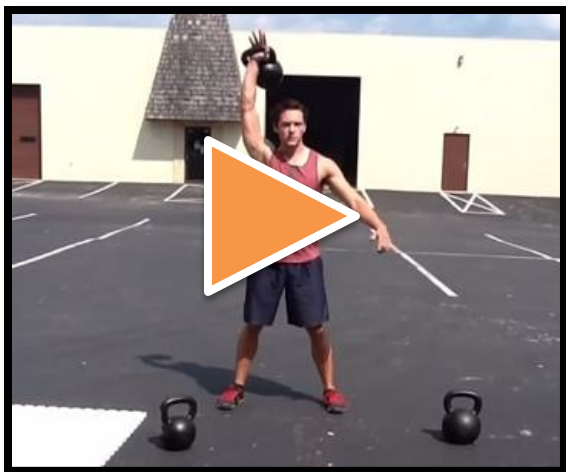
Clean - 2 reps + Front Squat - 1 rep(L+R)

So you perform eight cleans on your right arm and then rack it and perform five front squats. Switch and perform eight cleans on your left arm, then rack it and perform five front squats. Then, back to the right performing five cleans and three front squats, etc. etc.



Super Snatchtastic

10 sets of 10 two-hand kettlebell swings and 5 snatches/side



Fresh off the Yacht

Complete all exercises on right side and then on left:

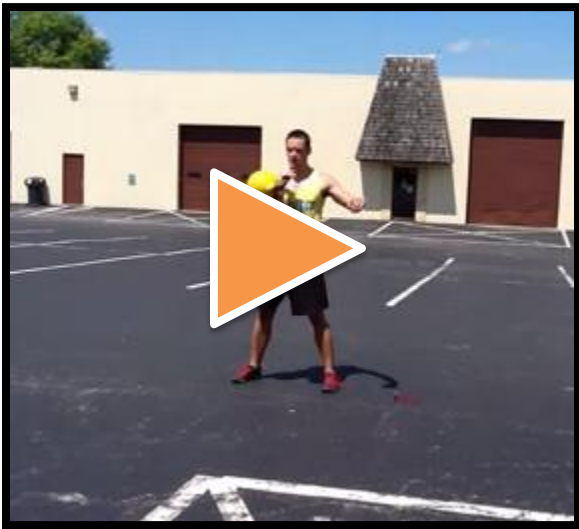
5 one-arm swings

5 cleans

5 snatches

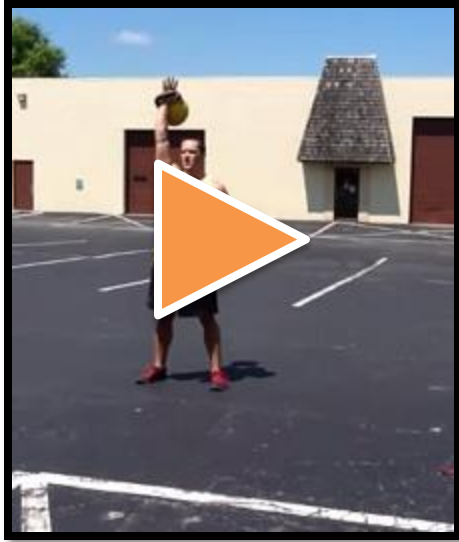
5 jerks

5 reverse lunges



Snatch-O-Rama

Cadence snatching: Complete 1 snatch every 10 seconds for a minute, followed by a 15-30 second burn set (as many snatches as you can in the given time period); switch sides and repeat.



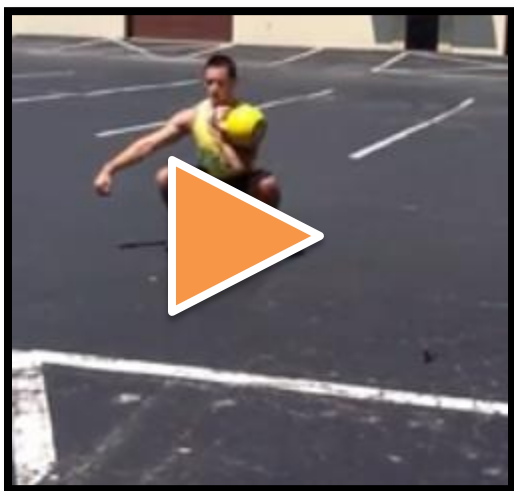
The Hellion

Ladder reps by 2 up to 10 and then back down (aka 2 reps – 4 reps – 6 reps – 8 – 10 – 8 – 6 – 4 – 2)

Two-hand kettlebell swings

One-hand swings/side

Thrusters/side (racked squat to press)



The Holy Fiver

5 reps each:

Double swing

Snatch

Clean and press

Front squats



Fitter, Happier, More Productive...



Ladder the following exercises by the given rep scheme:

Two-Hand Swing – 2, 4, 6, 8, 10

One-Arm Swing - 2L + 2R, 4L + 4R, 6L + 6R, 8L + 8R, 10L + 10R

Racked Front Squat to Press (Thrusters)-2L+2R, 4L+4R, 6L+6R, 8L+8R, 10L+10R

Snatch - 2L + 2R, 4L + 4R, 6L + 6R, 8L + 8R, 10L + 10R

The 12-Minute Kettlebell Complex from Hell

Complete 30 seconds of each exercise/side:

One-Arm Swing

Clean

High Pull

Snatch

Jerk

Single Leg Deadlift

Reverse Lunge

Military Press

Overhead or Racked Squat

Two-Hand Swing

Swing Burpees (Add a push up in between each swing rep)

Plank – hold this for 1 minute total

Coffee

A shout out to my favorite of the three primary food groups (coffee, sugar, and lasagna).

Served black, coffee brings marries the double snatch to the double military press. But for increased palatability, we have garnished coffee with double swings, cleans, and lunges.

Enjoy.

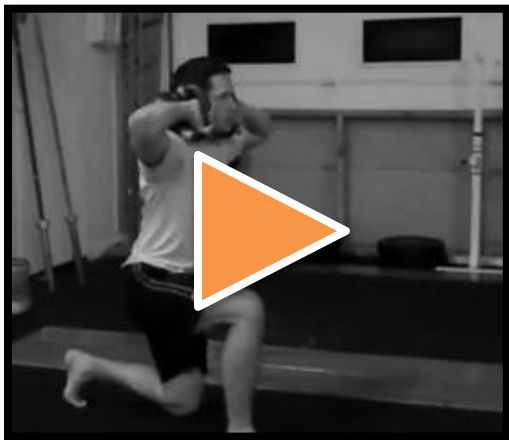
Coffee:

5 Double Swing

5 Double Snatch to Press

5 Double Clean

5 Reverse Lunges



Double Shot

For the rare instance that Coffee may not be enough, we have crafted a ghashtlier brew. Just for you.

5 Double Swing

5 Double Snatch to See-Saw Press

10 Gorilla Cleans

5 Cossack Lunges (L+R)

(Video of complex starts at the 1:26 mark)

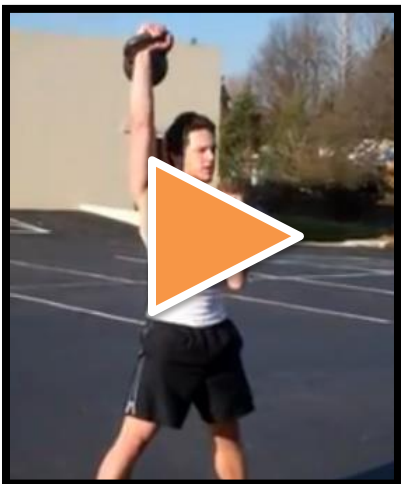


Piranha

5 Double Swing

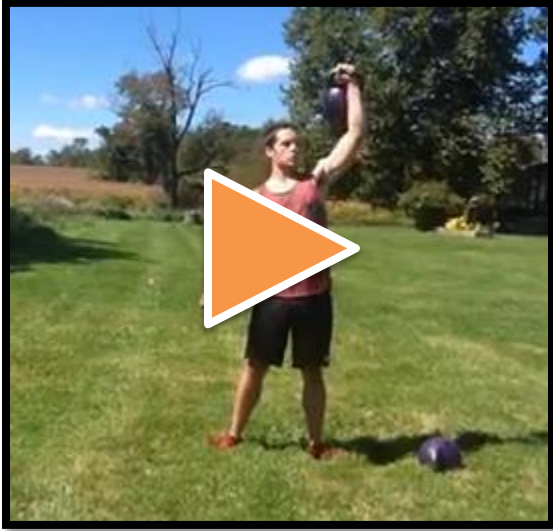
5 Double Snatch to See-Saw Press

5 Reverse Lunges (L+R)



Pressomania

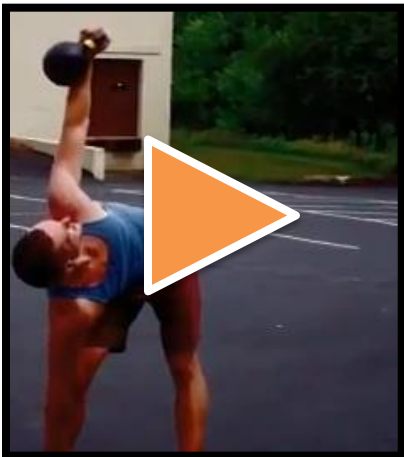
5 jerks (or push press) to military press / side



A Vulgar Display of Tasty Discomfort

Perform all work on your right side before switching to your left side.

- 5 One Arm Swing
- 5 Clean and Press
- 5 Snatch
- 5 Windmill
- 5 Reverse Lunge



Your Move, Creep

5 Double Swing

5 Double Swing

5 Double Snatch

10 See-Saw Press (5L+5R)

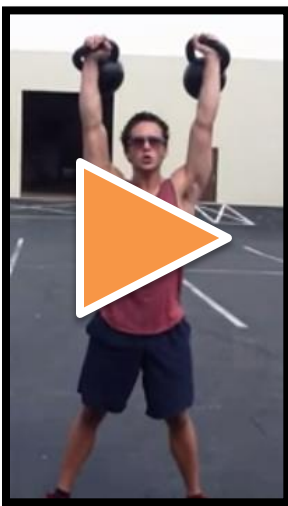
10 Reverse Lunges (5L+5R)



Destroy Yourself

5 military press, holding the top portion of the final press for 30 seconds

5 front squats, holding the rack position of the final squat for 30 seconds



Double Sequential Dismay

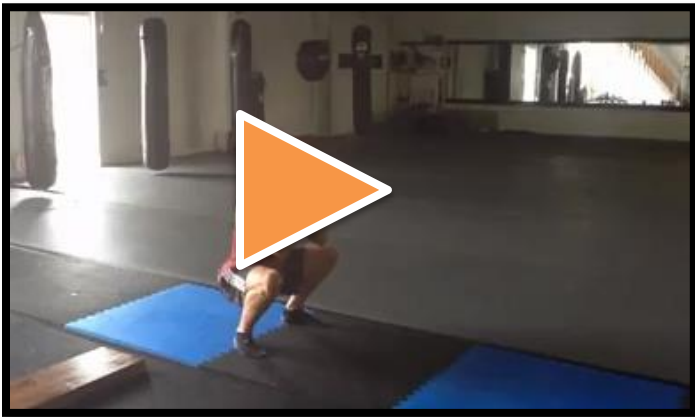
A reverse Fibonacci sequence of:

8 double snatches – 5 front squats

5 double snatches – 3 front squats

3 double snatches – 2 front squats

2 double snatches – 1 front squat



For Those about to Squat

Sweet. Simple. Horrendous: 20 front squats



The Flynn Man-Maker Remixed

Layer 1-double snatch, renegade row

Layer 2-double snatch, double press, renegade row

Layer 3-double snatch, press, squat, renegade row

Layer 4-double snatch, press, squat, clean, renegade row

Layer 5-double snatch, press, squat, clean, swing, renegade row



Into The Lungs of Hell

3 Double Snatch to See-Saw Press

+

3 Front Squat to Reverse Lunges



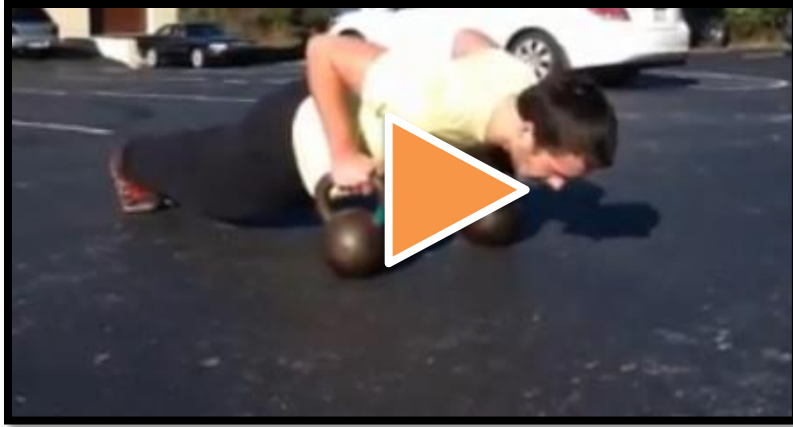
The Pressing Get-Up

Press the kettlebell at every step of the Turkish Get-Up



The Megaburn Push-Up Part One

Slow eccentric push-ups (15 seconds each), 3-5 reps



The Megaburn Push-Up Part Two

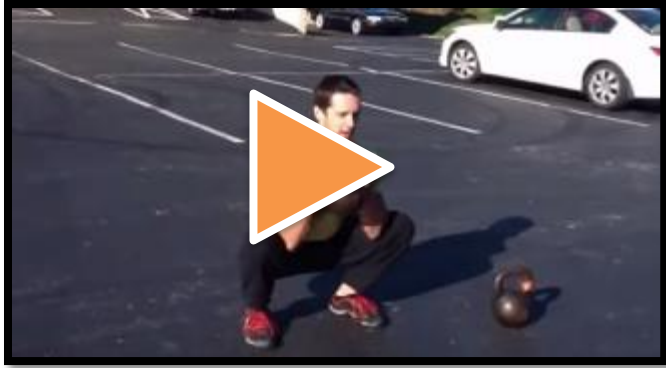
Slow concentric push-ups (15 seconds each), 3-5 reps



The FUNKshunul Kettlebell Bicep Curl-Squat-Press Thing

5 reps of goblet squat-to-bicep curl-to-military press

Perform these every minute, on the minute, for 15 minutes



Big Poppa Pumpin'

Set 15 minutes on the clock. You'll work every minute on the minute, alternating sets of 5 double clean and press and 5 pull-ups.

e.g.

Minute One: Perform 5 double clean and presses. Rest for the remainder of the minute.

Minute Two: Perform 5 pull-ups. Rest for the remainder of the minute.

Repeat this cycle for 15 minutes.



The Birthday Workout—The Holds Edition

15 second double kettlebell overhead hold

15 second one-arm overhead hold/one-arm rack hold (right arm up)

15 second one-arm overhead hold/one-arm rack hold (left arm up)

15 second rack hold

15 second one-arm rack hold/one-arm farmer's hold (right arm)

15 second one-arm rack hold/one-arm farmer's hold (left arm)

15 second double farmer's hold



The Happy Birthday Workout—High Voltage Plus

5 reps each, go all the way through on your right side, then switch to your left:

One-Arm Swings

Cleans

High Pulls

Snatches

Long Cycle Clean-and-Press or Long Cycle Clean-and-Jerk



Happy Birthday Workout – Force Velocity Complex

You'll need three sets of progressively lighter bells:

With the heaviest bells, perform 2 reps each of:

Double Clean and Press

Front Squat

With the next set of bells at the lighter weight, perform 3 reps each of double clean-and-press and front squat. Finally, perform 5 reps of each exercise using the lightest bells.



The Birthday Sandwich

Perform five reps of each exercise, adding in another layer of the sandwich (i.e. another exercises) as you go.

Layer 1: double swings, push-ups

Layer 2: double swings, cleans, push-ups

Layer 3: double swings, cleans, military press, push-ups

Layer 4: double swings, cleans, military press, front squats, push-ups



The Gauntlet

Perform 5 reps of each exercise/side:

One-Arm Swings

Clean-and-Press

Snatch

Squat

Turkish Get-Up



The Quick 'n' Dirty

Alternate one-arm swings and snatches – do all on one side, then switch and repeat.

2-4-6-8-10 one-arm swings

1-2-3-4-5 snatches

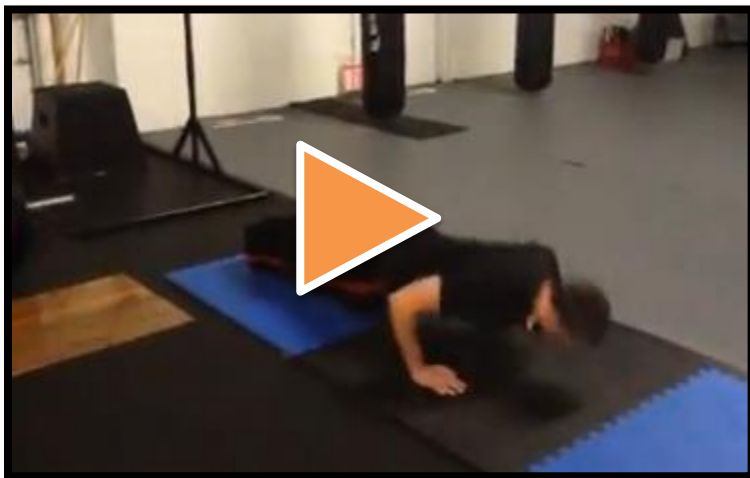


The Ol' Timey Push and Pull Routine

Set a clock for 15 minutes, and complete sets of 5 reps of:

Push-Ups

Pull-Ups



Jerk It Your Way

15 seconds on/45 seconds off (or 30 seconds on/30 seconds off) for 15 minutes of:

Long Cycle Clean and Jerks



Grip Strength Complex

3 bottoms up presses/side

50 ft unilateral farmer's carry (carrying bell in right hand)

5 one-arm swings/side

50 ft unilateral farmer's carry (carrying bell in left hand)



Deviled Eggs

As many rounds as possible in 15 minutes of

5 cycles of

One Double Swing

One Double Clean

One Double Snatch

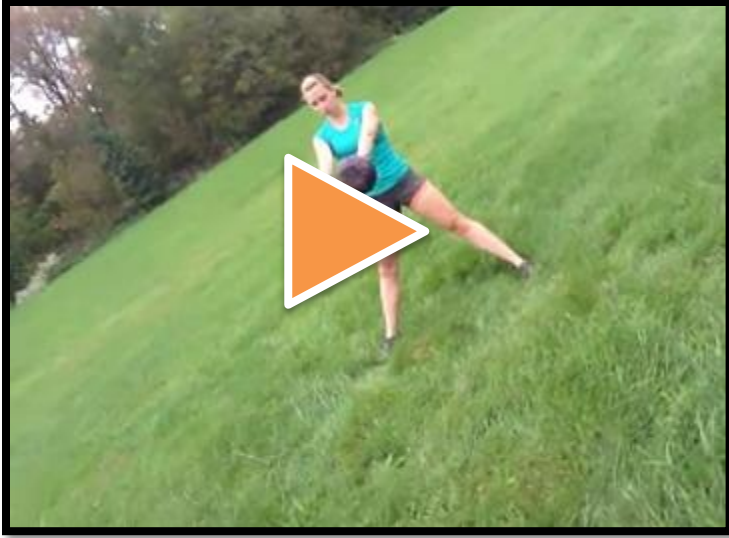


The Wild Turkey

I go/You go Partner Workout of double kettlebell swings

Starting at 10 reps each, go up by two's, until you hit 20 reps, then ladder back down

Continue laddering up and down for 15 minutes



Monkey Wrench

5 reps each:

Double Swings

Push-ups on the bell

Lunges/leg



Cadence Kettlebell Jerks

Complete one jerk every 10 seconds for one minute on your right arm. Switch and complete the same on your left. Continue switching between your right and left arms for 14 minutes (aka 7 total minutes spent on each side)

Final minute (15th minute) spend 30 seconds on each side completing as many kettlebell jerks as possible.



The Bumblebee

Complete as many round as you can in 15 minutes of:

5 double snatch to overhead press

5 front squat to jerk



Alarm Clock

5 reps each of:

Double Swing

Double Clean

Double Front Squat

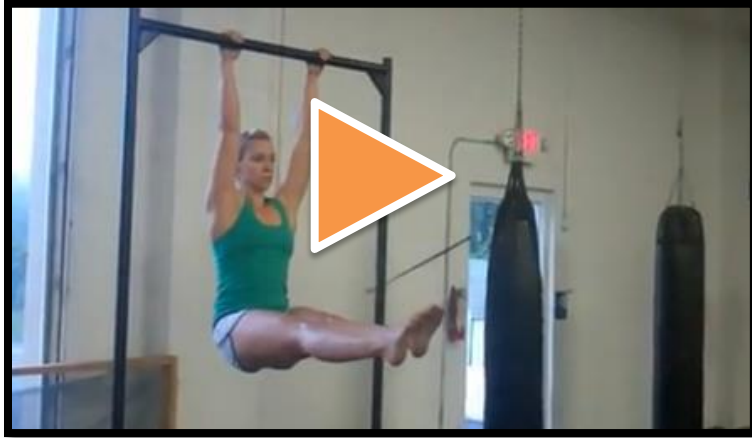
Double Reverse Lunge (5/leg)



Power Train

5 snatch to press

15 second L-sit hold



Kitten Play

Perform a 1 to 3 rep ladder

Double Swing

Double Clean

See-Saw Press



Hot Damn!

Complete 5 reps of each exercise:

One Arm Swing

Clean

Snatch

Windmill

Switch sides; repeat



Locomotion

5 x double swings

5 x double snatches

10 x walking see-saw press

5 x double snatches

5 x double swings



Queen Bee

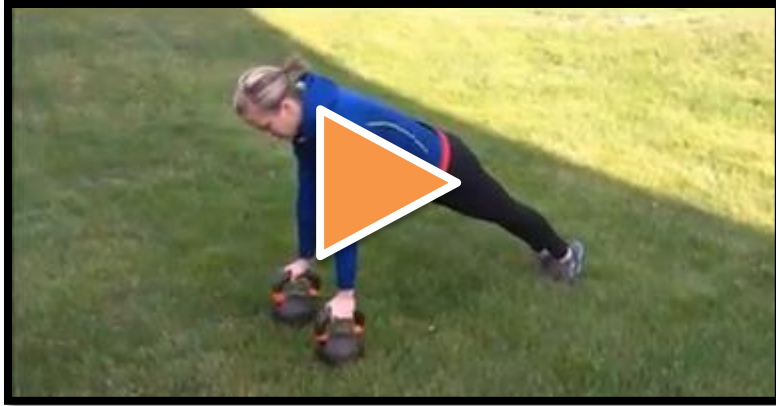
10 double swings

75 ft farmer's carry

10 push-ups on the bells

75 ft farmer's carry

10 front squats



Round and Round

5 reps each:

One-arm swing

Rotational cleans

Snatch

Rotational Snatch



Like Budda'

5 cycles of one rep each:

One-arm swing

Clean

Snatch

Overhead lunge

Press

Complete on right; switch and repeat on left

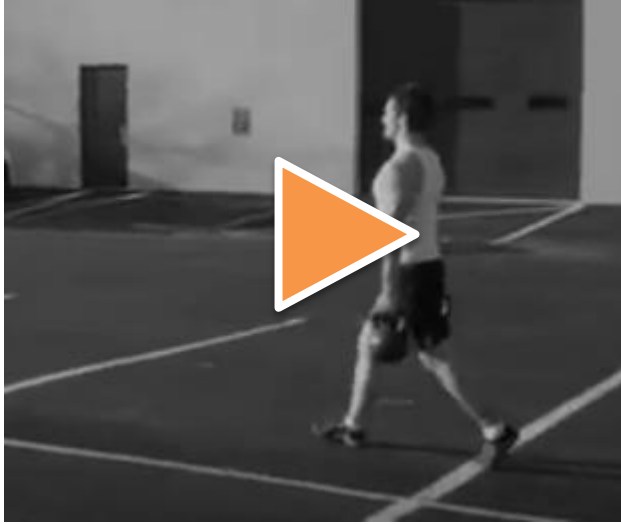


Strong(er)

100 ft farmers carry

200 ft sprints (down and back)

100 ft farmer's carry



Racked and Loaded

Ladder from 1 to 5 reps of

Double clean and press

Double front squat

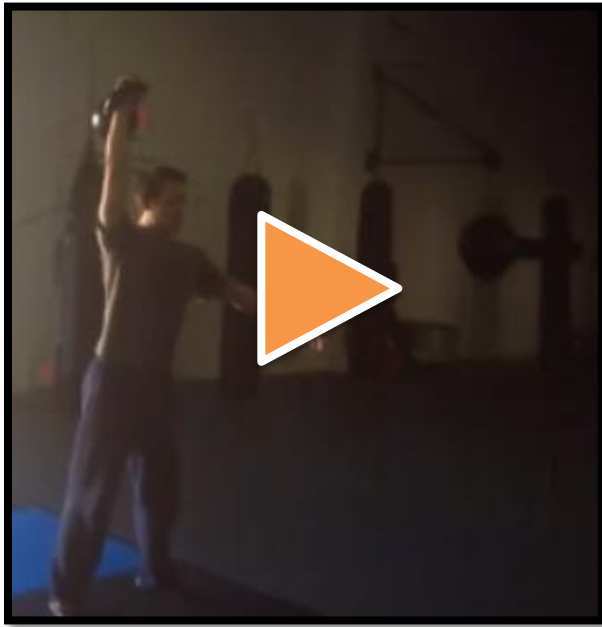


The Snatcharoo

Set a timer for 15 minutes and perform:

One snatch and one step, 3 times on the right

One snatch and one step, 3 times on the left



Double Time

5 reps each of:

Double snatch to see-saw press,

Lunges

Push-ups on the bells

Bent over rows



You Vs The Double Clean and Press

8 sets of 8 reps clean and press, resting no more than 1 minutes between sets



You Vs Godzilla

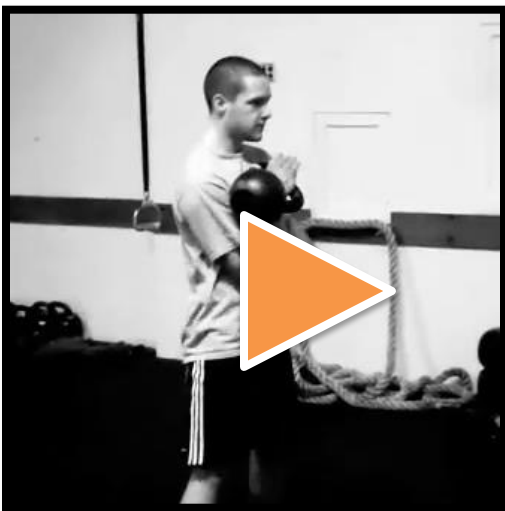
As many rounds in 15 minutes of 5 double lunge to press/side



High Voltage

- 5 One-Arm Swing
- 5 Clean
- 5 High Pull
- 5 Snatch
- 5 Clean and Jerk

Perform on one side in its entirety and then switch.



WarHead

10 x press to squat (NOT a thruster!)



Hang Em' High

3 one-arm swings

3 snatches

6 one-arm swings

6 snatches

9 one-arm swings

9 snatches

Repeat on other arm



The Human Crane

5 double reverse lunges –right

5 double single-leg deadlifts – right

Switch sides; repeat



An Ode to Swings and Push Ups

2 swings – 1 push-up

4 swings – 2 push-ups

6 swings – 3 push-ups

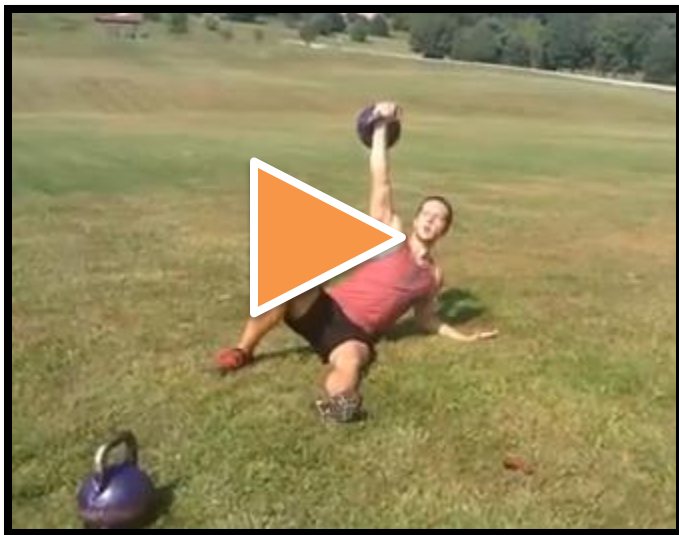
8 swings – 4 push-ups

10 swings – 5 push-ups



Get Up Graffiti

This sequence is best explained visually. I'm not gonna even try to explain it in writing. Just watch...



The Renegade Row and Kettlebell Bear Crawl

5-10 paces of renegade row/bear crawl per set



The Double Clean and Press Something or Other

5 reps double clean and press on the minute, every minute, for 10 consecutive minutes

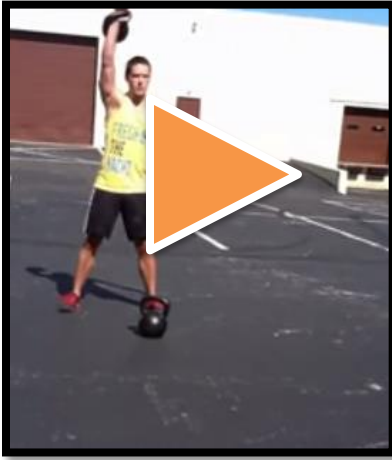


Snatchzilla

Complete as many 1 to 5 rep ladders of single arm snatch as possible in 15 minutes

One rep right, followed by one rep left

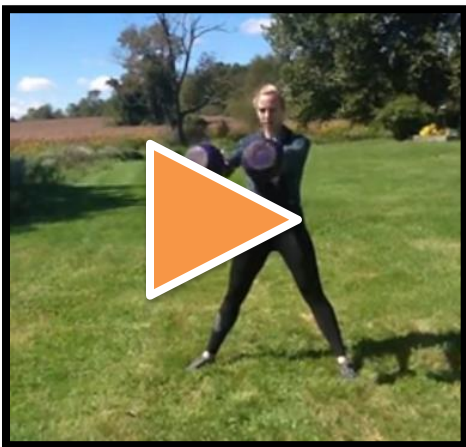
Two reps right, two left... up to five reps right, five reps left



With Teeth

5 deadlifts

10 double swings



What Goes Up...

5 snatch-to-overhead lunges



Swing,Snatch,Lunge!

5 one-arm swings

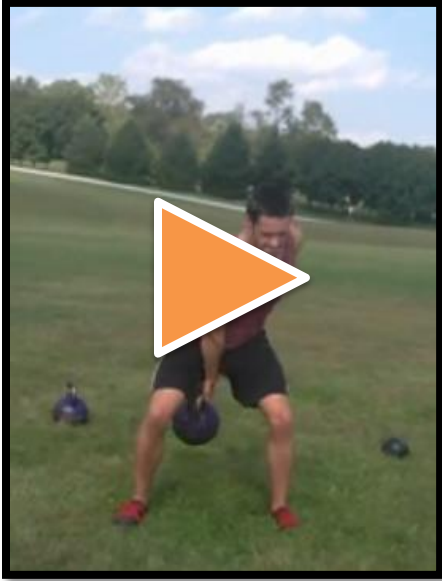
5 snatches

5 overhead reverse lunges



Walking the Darcy

Tabata (8 rounds: 20 sec on/10 sec off) walking Darcy swings



The Practical Tactical

10 tactical walking lunges (5/leg), 5 snatches/arm



The Strong(er) Soldier

You can thank me later:

- 5 One Arm Swings
- 5 Pistol Squats
- 5 Military Press
- 5 Snatch



RUINER

- 3 Double Swing
- 6 See-Saw Press (3L+3R)
- 3 Double Clean (3L+3R)
- 6 See-Saw Press
- 10 Alternating Lunges (5L + 5 R)



Wrecker

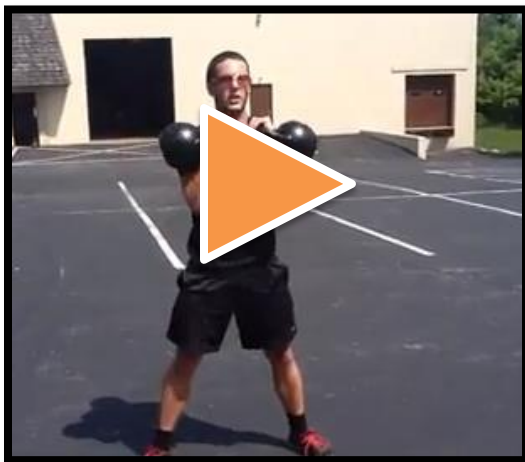
5 reps each:

Double swing

Double clean

Double press

Double squat



Sometimes When I'm Alone

Here's another saucy one-arm complex for you. As always, complete the right side first before you move onto the left.

5 One Arm Swing

5 Long Cycle Clean and Jerk

5 Snatch

5 Windmill

5 Reverse Lunge

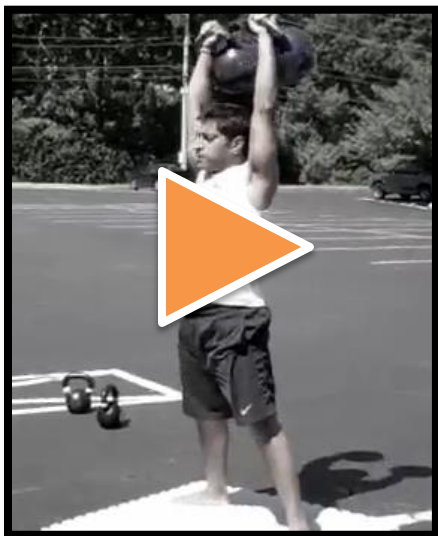


Jerky Overdose

10 Long Cycle Clean and Jerk

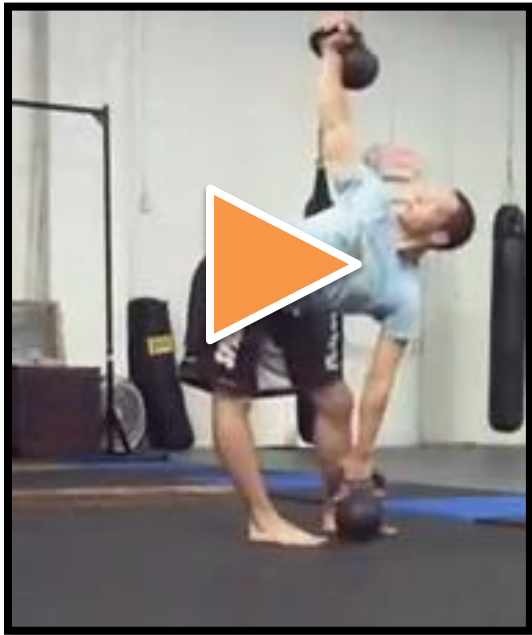
10 Front Squat

10 Bent Over Row



Senator, The Kettlebell Was a Friend of Mine

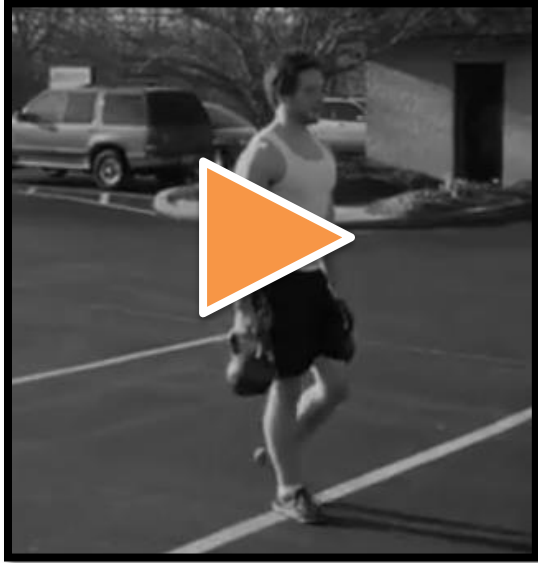
- 5 x Double Kettlebell Swing
- 5 x Long Cycle Clean and Jerk
- 5 x Double Kettlebell Snatch
- 5 x Double Kettlebell Windmill
- 5 x Front Squat



The Way Out Is Through That Way

30 seconds x Loaded Carry (farmers walk, rack hold walk, overhead walk, pick your favorite!)

Sprint



The Power Bomb

5 power snatches on the minute, every minute, for 10 minutes



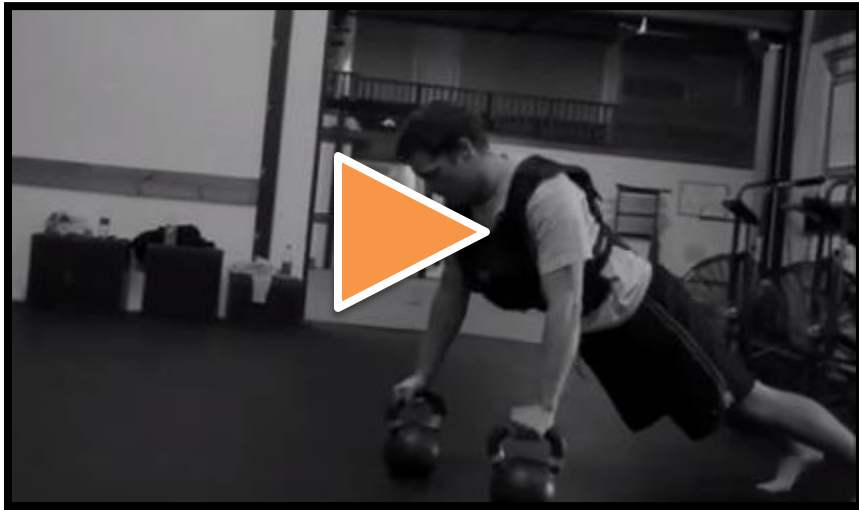
The Bear Necessity

5 Double Swings

10 Step Kettlebell Bear Crawl (1 step = one push up + one row either right or left)

5 More Double Swings

(weighted vest optional...but encouraged)



5 Step

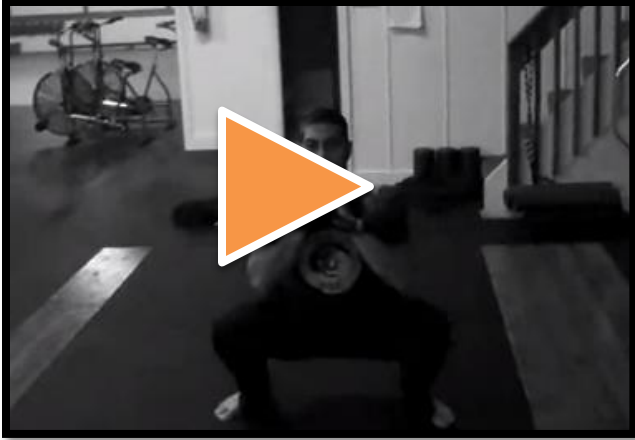
5 Double Swings

5 Double Cleans

5 Stepping Front Squats (Perform a front squat, take two quick steps back and perform another, then take two quick steps forward and perform another – do this five times! – Also be sure to land in an even and well positioned stance after each step!)

5 Double Swings

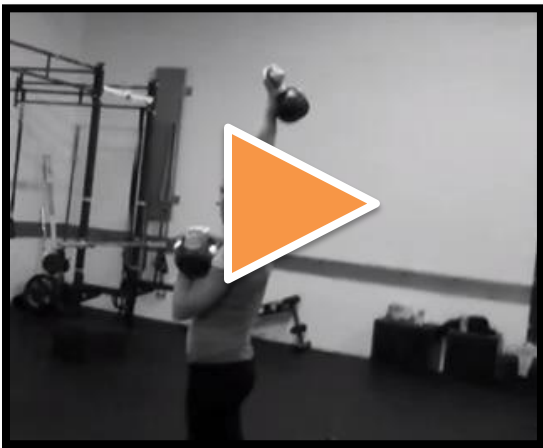
(video starts at 1:20 mark)



The Powerwalk

- 5 Double Swings
- 5 Double Snatches
- 10 Step Power Walk (5 presses each arm)
- 5 Double Swings
- 5 Double Snatches

(video starts at 2:15)



With All the Love in the World

10 Step Kettlebell Bear Crawls (1 Step = one push up and one row)

20 Walking Lunges

Or you could even do this for distance rather than reps. I like to give options...



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