



<b>WEEK 1 of 4-12</b>	<b>CW=COMP WEIGHT</b>	<b>Workout A</b>		<b>Workout B</b>		<b>Workout C</b>
<b>FOCUS</b>	Competition Set					
	Endurance					
SNATCH 10 min	Shoulder Stability					
<b>MOBILITY EXERCISE</b>	SYNOVIAL SUPPORT					
	<a href="#">Follow Video</a>					
	Tea cup exercise					
	5 each direction e/s					
	Prone Thoracic Rotations					
	15 e/s					
	Jump Rope					
	1 min					
<b>MAIN SET</b>		SNATCH (Competition Style)		SWING SNATCH		SNATCH (VOLUME)

					Conditioning)
		Warmup set 2x 2 1 min CW-4kg		Warmup 2x30 alt Swings	
		2min e/s CW 2 sets		1 min Work 1 min Rest	10/8/6 e/s Scheme
				alternate arms each set.	10=CW - 4KG
				14 sets	8=CW
<b>ASSISTANCE WORK</b>		<b>RENEGADE ROW</b>		12-16 rpm	6=CW+4KG
		2x12 reps alternating sides		with CW	REST 2.5 MIN
					BETWEEN SETS
		<b>TURKISH GETUP</b>			
		3 e/s CW-4kg		<b>KB JUMP SQUAT</b>	5 sets
		4 sets		2x30 CW each arm	
		<b>1 ARM SPORT SWING</b>		<b>PULLUPS</b>	Reverse Hang Shrugs
		1 min e/s CW		3 sets AMRAP	4x 15
		2 sets			straps if necessary
				30 sec each of	
		<b>FARMERS CARRY HOLD</b>		<b>SIDE PLANKS e/s</b>	10 min ROW
		2 x 1 min sets CW		<b>MCGILL CURLUPS</b>	or JOG
				<b>JUMP ROPE</b>	
				<b>HIGH PULL E/S CW-4kg</b>	

				3 rounds		
<b>FINISH</b>		COOLDOWN		COOLDOWN		COOLDOWN
		STRETCH		STRETCH		STRETCH
		FOAM ROLL		FOAM ROLL		FOAM ROLL

For more information regarding general or personalized online coaching contact :

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10+ years of kettlebell sport and competition coaching experience with a focus on training for longevity / injury prevention

<https://www.instagram.com/SWINGTHISKETTLEBELL>

<https://www.swingthiskb.club>

Programs and follow along workouts

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In person coaching Greater Cincinnati area

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