



# MCHN STRENGTH

## Kettlebell Day 1

10 min As Many Rounds As Possible

Instructions: Perform as many rounds as possible of the listed exercises in 10 minutes with as little rest as possible.

- [6 KB Snatches Each Arm](#)
- 3 Double KB [Clean](#) & [Press](#)

## Kettlebell Day 2

10 Rounds For Time

Instructions: Perform 10 rounds of the following exercises and reps in the order listed.

- [10 Russian KB Swings](#)
- [8 Push-Ups](#)

## Kettlebell Day 3

Tabata – :20 secs of work (On) / :10 secs of rest (Off) For 8 Rounds

Instructions: Perform each exercise for as many reps as possible in :20 secs then rest for :10 secs. Repeat this process for 8 total rounds (4 minutes). Complete 8 rounds of one exercise before moving to the next exercise..

- [KB Goblet Squats → :20 Secs On / :10 Secs Off x 8](#)
- Rest for 1 minute
- [Planks → :20 Secs On / :10 Secs Off x 8](#)
- Rest for 1 minute
- [KB Swings → :20 Secs On / :10 Secs Off x 8](#)

## Kettlebell Day 4

### For Time

Instructions: Complete each exercise for the prescribed number of reps in the order listed.

- [50 Russian KB Swings](#)
- [40 Alternating KB Suitcase Walking Lunges](#)
- [30 KB Snatches \(15/side\)](#)
- [20 KB Goblet Squats](#)
- [10 KB Overhead Presses \(each side\)](#)

## Kettlebell Day 5

### 20-16-12-8-4 Reps For Time

Instructions: Complete the prescribed number of reps for each exercise before moving to the next set. Example: 20 reps of KB Swings then 20 reps of KB Goblet Squats. Then 16 reps of each, etc.

- [Single Arm KB Swings \(Alternating\)](#)
- [KB Goble Squats](#)

## Kettlebell Day 6

### Every Minute On the Minute (EMOM) for 16 Minutes

Instructions: Odd minutes: Complete 12 Plank-Ups (Rest for the time remaining of that minute). Even minutes: Complete 15 KB Swings (Rest for the remainder of that minute). Repeat for 16 mins total.

- [Odd Minutes → 12 Plank-Ups](#)
- [Even Minutes → 15 Russian KB Swings](#)

## Kettlebell Day 7

### 10 Rounds For Time

Instructions: Complete 5 KB Clean and Presses, then 5 Single Arm Front Rack Squats, then 5 KB Snatches on each arm. Repeat for 10 mins.

Complete all 10 rounds for time with proper form.

- 5 KB [Clean](#) and [Press](#) (each side)
- [5 Single Arm KB Front Rack Squat \(each side\)](#)
- [5 KB Snatches \(each side\)](#)