

I'VE GOT BALLS OF STEEL



KETTLEBALLS OF STEEL

BY CAVEMAN KETTLEBELLS

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WORKOUT 'BALLS OF STEEL'



10 x Double Kettlebell Chest Press

SWINGS! (one kettlebell)

10 x Double Arm
10 x Right Arm
10 x Left Arm

Tricep Press (one kettlebell)

10 x Right Arm
10 x Left Arm

Overhead Lunge Press Windmill

5 x Right Arm
5 x Left Arm

5 ROUNDS (trust me, 5 is enough!)

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designed by

TACOFLEUR



Skill level Intermediate

Execution

For the chest press, lay down with one kb in each hand, 90 degree angle between ribs and elbow, keep kbs above the elbow joint at all times, press till above shoulders.

See my video online for detailed instructions on the swing.

Tricep press, lay down with one kb in one hand, elbow right next to the ribs, keep the kb above the elbow joint at all times and press up till above shoulder.

Overhead Lunge Press Windmill, something I put together myself, rack one kb, lunge forward with same side as kb, press up while coming under the kb, one knee fully on the ground, now perform the kneeling windmill, only bending at the hip, hand to ground, come back upright to the knee, keep kb overhead and press leg explosively into the ground to come into standing position and repeat.

For questions, join <http://kettlebell.community>
For education <http://kettlebelltraining.education>

**CAVEMAN
KETTLEBELLS**