

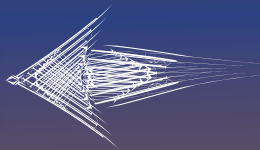
I'VE GOT BALLS OF STEEL



KETTLEBALLS OF STEEL

BY CAVEMAN KETTLEBELLS

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# CAVEMAN TRAINING

## WORKOUT 'CLEAN-UP'



Not only do you need to clean your Kettlebells, but you'll be cleaning yourself up after this short but intense workout.

- 25 x Kettlebell Dead Clean & Press (R)
- 25 x Kettlebell Dead Clean & Press (L)
- 25 x Kettlebell Double Arm Swings
- 5 x Alternating Full Snatches (L+R=1)
- 25 x Double Kettlebell Front Squats
- 25 x Kettlebell Double Arm Swings
- 5 x Alternating Full Snatches (L+R=1)
- 25 x Chest Push-ups
- 25 x Tricep Push-ups

**FOR TIME**

designed by

**TACOFLEUR**



**Skill level** Intermediate

### Execution

Check out my online videos for the execution of the Dead Clean, search for "10+ Kettlebell Clean Variations" on youtube.

For the swing search for "How to Kettlebell Swing (in details)" on youtube.

For the chest push-ups make sure the space between your ribs and elbows is 90 degrees, if you don't have the core, shoulder or pec strength yet, do **negative** push-ups, whatever you do, stay away from those sissy push-ups that get you nowhere.

For the tricep push-ups, shave your ribs with your elbows everytime. And remember, rest if you need to, forget about the time, focus on quality reps and progressing over time, maybe this time you get beaten by your fellow athletes, who cares!

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

For education <http://kettlebelltraining.education>