

HALF SNATCH

- 1 Prepare to swing the kettlebell. Refer to technique #10.
- 2 Make sure to follow through on the down swing, arm reaches through the top, and torso and head follow.
- 3 Using your glutes and back of legs, stand up, straightening the legs to drive the kettlebell up.



TIP:
Pull the shoulder and elbow back slightly.

- 4 Track the kettlebell under to technique #10, making sure to lock out the elbow and the feet are in place.



- 5 Lower the kettlebell to the racked position and repeat starting from the swing.



TIP:
Catch the handle with the fingers, not the thumb, fully across the palm, with the ball resting on the forearm.



1 ARM CHAIR PRESS

- 1 Begin seated with your legs shoulder width apart, feet flat on the floor and the kettlebell in the racked position.



TIP:
Keep legs stationary, this is a strict upper body exercise.



- 2 Contract your lower body muscles to keep your legs still, press the kettlebell, and lock your elbow.



- 3 Lower the kettlebell back to the rack position.



Steve Cotter Kettlebell

Sebastian Brünink



Steve Cotter Kettlebell:

Steve Cotter Kettlebell Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Steve Cotter Kettlebell**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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