

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

Tobias Bleicker



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web feb 7 2011 in a high school classroom students mourn the loss of one of their own tomie kawakami who has been murdered and dismembered shocked by the announcement of her death the class is puzzled by the cruel fate that has befallen someone so dear to them such a radiant and beautiful girl did not deserve such a hideous demise

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web the series focuses on the titular tomie kawakami a beautiful young girl identified by a mole under her left eye who drives her stricken admirers to madness often resulting in her own death however due to her ability of regeneration she comes back

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