

Excellent Trainings for Strength

Pull-up

Pistol

Dip

Turkish Getup with Kettlebell



Video

Kettlebell Swing

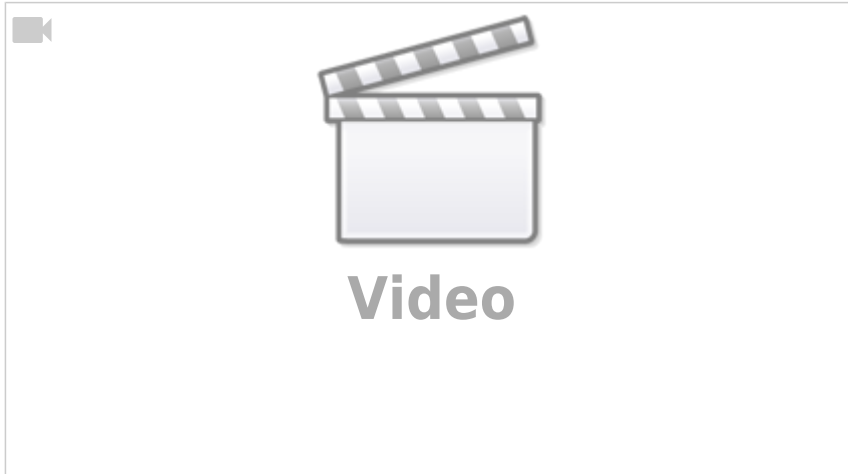


Video

Deadlift

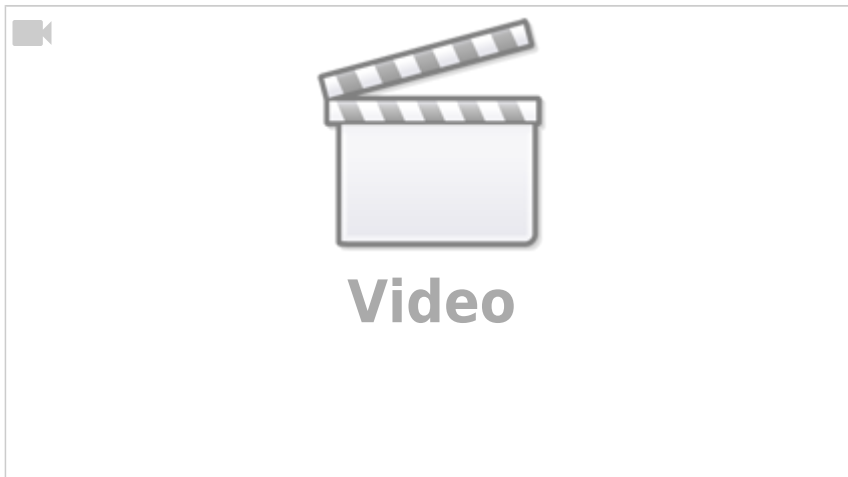
Squat

SFG Kettlebell Level 1 Technique Standards



<https://www.youtube.com/watch?v=ZQEFc6rSKvA> Kettlebell Swing - The Get-up - Clean - The Press - Front Squat - Kettlebell Snatch

SFG Kettlebell Level 2 Technique Standards



<https://www.youtube.com/watch?v=Tu2Txj6eWPA> Windmill - Bent Press - The Jerk - Push Press - Double Kettlebell Snatch

From:

<http://dev.theta5912.net/> - **reth.dev**

Permanent link:

http://dev.theta5912.net/doku.php?id=public:training:strength_training&rev=1518615227

Last update: **2021/01/20 17:48**

