

Minimum Requirements: Prep division

All exercises and pounds are set to a medium - high rep range (8-15 reps).

If you are in doubt you can ask your coach for advice or DM us via social media / email.

Bodyweight	Kettlebell / Dumbbells / Barbell
Air Squat	Kettlebell Swing 20/12 kg
Lunge	KB/DB Clean & Jerk (R/L) 20/12 kg
Plank	DB lunges / squats 15/10 kg
Single Under	DB press 15/10 kg
Hang Knee Raise	DB snatch 15/10 kg
Hang Hold	BB Deadlift 60/35 kg
Box Step Up	BB Clean & Jerk (power) 40/25 kg
Bear Crawl	BB Snatch (power) 20/15 kg
	BB Thruster 20/15 kg

