



# GARKOFIT KETTLE BELL TRAINING

## Single Arm Swing & Pass/ Lateral Jump/ Rotation (right-left)

	2 arms/ swing/ lateral jump/ rotation	Single arm swing/jump/pass
Single arm swing w/ pass	Swing rotation, both ways	Single arm swing/lateral jump
Single arm swing	Swing rotation 1 way	2 arm swing/lateral jump
	<b>Swing w/ 2 arms</b>	
Quickpass	Swing w/ towel (light)	
	Deadlift single arm	Deadlift single arm multiple planes
	Deadlift w/. 2 arms	
One Leg Squat	One leg deadlift	Windmill

Corrective – Stabilization – Muscular Adaptation – Endurance

Endurance –Hypertrophy - Strength

Power