

## KB SNATCH CHALLENGE LOG

11/11/08: 34 reps (very first attempt, baseline, 17 per arm).

12/4/08: 56 goal met!

1/27/09: 40 sad, bad, out of shape.

3/3: 64 goal met for weight category and above! (I was not aware the rules had changed in January at the time, as I hadn't checked the RKC web site).

3/10: 65 goal met again for weight category. No breaks, one hand-switch till this point.

3/12: 56 in 3'26" with RKC new rules (5' with breaks allowed, though they were still not properly updated in terms of the repetitions requirement). Time limit introduced.

4/1: 70 in 4'26" (2 sets of 12 per arm, then 11 so each arm did 35). Then 60 total (30 per arm in 12-10-8 sets) not timed but under 5 minutes in the evening.

NEWEST LATEST RULES (per "syllabus" for June workshop): 1 rep per kg of bodyweight in under 5 minutes.

184lb=84kg

4/20 84 reps completed in 6'05".

4/28 84 reps completed in 4'48". Requirement met.

5/4: 84 in 4'30". Requirement met and improved time.

5/10: 100 in 5'08", with 80 reps completed by 4'10", so another time improvement. (INFLAMED LEFT ROTATOR CUFF, REAR SCAPULA AND TERES, pushed through exhaustion and KB slipped. NEVER push past exhaustion level, as injury will occur, as I learned the hard way, fortunately without much damage).

5/12: 200 total reps: 100 per arm, 5+5 per set, every minute on the minute (recurring timer) for 20 minutes. Performed (top level 3 snatch prep achieved), after leg workout with KB and bodyweight +Workout #1<sup>a</sup> RKC prep + "Kelly Crossfit" equivalent in A.M., as well as second 2-exercise, 15-rep quads workout minutes before.

5/16: workout #2<sup>b</sup> 16 or 32kg -double KB or heavy swing- + prep moves.

5/15: workout #3<sup>c</sup> single 16kg, workout 1 same as 5/16+ prep moves. TGU "86" or "prepped".)

5/17: Workout 3 double 16kg -32kg swings-, all moves reviewed 24kg, plus Cardio KB (snatch): 10 sets, 24kg, 40 seconds rest.

Sets 1-6: 10+10

Set 7: 7+7

Set 8: 5+5

Set 9: 3+3

Set 10: 1+1 (32kg)

151 reps, total load 7990lb.

5/19: snatch test

84 in 4'09"

5/20 (morning): 40 cycles 35sec on/35sec off, 24kg KB swings (blister and shoulder recovery). Total load between 42,000+lb and 46,000+lb (20-22 reps per set, 52.8x20-22x40).

RPE: 6-6.5, maybe 7. HR quick recovery, grip (tight, slippery only). Fairly easy, considering.

5/20 (evening): 24kg press ladder 1,2,3,4,5. Then clean-press-FS ladders with dual 16kg followed by single 24kg, mostly superset, same 1-5.

10,20,30 swing switch hands (totals per set) 32kg.

Then dual 16kg snatch ladder 5,10,15.

Then TGU-windmill combo 16kg 1,2,1,2 (no windmill with left arm up on last 2 sets, as injury could worsen. Form lacked already due to inflammation).

5/22: workout #1 24kg single arm 5 reps per move, minus TGU.

SP dual 24kg-20kg-16kg drop set ladders (1, 2-1, 3-2-1, 4-3-2, 5-4-3, 5-4,5).

Floor press/push up: dual 24kg ladder/BW reverse ladder (5-1, 4-2, 3-3, 2-4, 1-5).

Dual 24kg overhead walk.

Grad workout (24kg).

5/26: Snatch test: 100 in 4'57"!!! (A.M.). This marks the second attempt of 100, this time successfully under 5 minutes, thought cutting it close.

Noon: endurance run

Evening: interval run.

5/27: Light snatch work and prep.

Morning: 36 (18+18) snatches, 24kg, cold.

Slow focused push-ups (wild style mostly): 100 total, broken up with short pauses when reaching failure.

Plank: twice, 1' then 2' with 1' break in-between.

Stretch.

Evening: "KB drop" working up the line (9,12,16,20,24kg KB), reps 4-10, for skill only.

Slingshot: 32kg 3x10 each direction.

Swing ladder (pyramid) and reverse ladder, 32kg, 5,10,15,20,20,15,10,5 reps (100 total). Easy pace, for skill/motion.

5/29:

9:16am

Workout 1 (24kg, 5 reps per exercise, weak arm first) followed by dual 24kg press ladder (1-5).

Workout 2 (20kg, also 5 rep range) followed by see-saw reverse press ladder (5-1).

Workout 3 (16kg, 5 rep range).

Total load: 300 reps, 13,332lb.

3:35pm

"Short stack" 5 reps per drill, 32kg KB, stacking cumulatively on top of previous drill(s).

Swings, high pull, goblet squat, single arm high pull (each side), deadlift, overhead press (holding body, not horns).

All drills with 2 hands on KB, aside from single arm high pull of course.

Total load: 120 reps, 8448lb in under 10 minutes (close to 5 actually!)

5pm: stretch, foam roll.

5/30: travel, family obligations, knew it would screw up routine. 10:45pm, hit the fitness center at hotel for a quickie 45 reps of incline and flat bench presses, rows and pull downs, squats and deadlifts. Gosh! Bodybuilding moves are easy when you're tired, compared to KB!!!

5/31: nothing. Chase niece and nephew around at the hotel pool in New Mexico. Recover.

6/2

8:50AM: all unilateral work.

Ladder up clean and press (1-5) 20kg KB each side.

Ladder down (5-1) overhead squat, same weight.

Ladder up swing.

Ladder down snatch.

Short breaks, 30 seconds between exercises, but no break between hands during ladders.

TGU/windmill combo: 1 each side, left no windmill (bad shoulder) so did 2 windmills with no weight for form.

5 pistol squats per side, elevated (~16").

Ladder up slingshots to finish.

Load: 6600+ (not counting TGU or pistols). 150+ reps.

10:11AM: 100 snatches non-stop in 4'06"! New personal record!!

Breakdown:25+25, 10+10 (x2), 5+5.

6/3: light

Alternate 10 32kg swings with 10 burpees, 5 cycles, little to no break (total reps 100). Load 3500lb + bodyweight on burpees.  
Light heavy bag punching as cool down for 5 minutes.

6/5: Final stretch of hard work before mellowing out!  
9:15am multiple workouts from "101 workouts" by the "Iron Tamer"<sup>d</sup>.  
First one with 24kg, next 7 with 20kg, last one with 16kg.  
First of stacking KB & BW.  
Second, First of his Tabata intervals.  
Then #1-6 of his Circuit Training, each done once.  
1:35pm workout #1, 24kg, 5 reps range. Total load 4752lb in under 15min.  
3pm: Dual KB, then single, down the line 24,20,16,12,9 OH walk, rack, farmer's.  
Then single 32kg. Distance each run: 18 laps per KB weight (pairs)+12 laps with 32kg=102 laps total 36' each lap, that's 3672'=1.12km=0.7 mile.  
Non-stop, heaviest weight last despite drop sets due to 2min break between 24 and 20kg KBs. Under 20 min.

6/6: Workout#2 24kg, loose circuit, more like sets. Clean form, 50% pace. 20 minutes. 4752lb load moved.  
Workout #3, dual 12kg, same loose and easy pace. No TGU, minus one C&S.  
Load 1848lb under 8 minutes.  
Total load: an easy 6600lb.

6/7: Final big workout!  
6 hours of sleep.  
Surfing 8-10am, "light".  
THEN:  
Snatch test 100 reps in 4'30", 24kg.  
Rest 3'30"-4'.  
Grad<sup>e</sup> workout in under 8'20".  
Farmer's walk back in 30" on, 30" off.  
Total time 19'30".  
Plus farmers walk to and from car, about 80yds each way.

6/8-11: Rest, recover, relax, review (the latter consisting of stretching, light weight form review, surfing...)

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<sup>a</sup> Workout #1: Swing dominant

- Swing
- Clean & Press
- Swing
- Clean & Squat
- Swing
- Turkish Get Up
- Swing

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-Snatch  
-Swing

<sup>b</sup> Workout #2: C&P dominant

-C&P  
-Swing  
-C&P  
-C&Squat  
-C&P  
-TGU  
-C&P  
-Snatch  
-C&P

<sup>c</sup> Workout #3: Clean & Squat dominant:

-C&S  
-Swing  
-C&S  
-C&P  
-C&S  
-TGU  
-C&S  
-Snatch  
-C&S

<sup>d</sup> From “101 Kettlebell Workouts” by David “The Iron Tamer” Whitley, Senior RKC.

<sup>e</sup> The Grad Workout is performed at the very end of the workshop, after 3 days of learning, training, Snatch test etc. It’s a rite of passage which consists of the following:  
Cross the length of a football field, alternating see-saw kettlebell presses (24kg/53lb in each arm) with kettlebell swings (one KB only, 24kg). Perform the presses while walking for 20 seconds, break for 10 seconds, swing for 20 seconds, break for 10 seconds until you’ve crossed the field.