

The Task

Time	Task
5 minutes	10 one-hand swings to chest-level every 30 seconds, switching hands each set
1 minute	Rest
10 minutes	1 get-up every minute on the minute, switching hands each minute

The program has two goals that change based on weight: the Simple and the Sinister.

The SIMPLE Goal

	Get-up Weight	Swing Weight
Women	16kg	24kg
Men	32kg	32kg

The SINISTER Goal

	Get-up Weight	Swing Weight
Women	24kg	32kg
Men	48kg	48kg

Kettlebell Simple Sinister

RJ Shavelson

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Kettlebell Simple Sinister:

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