Excellent Trainings for Strength

Pull-up

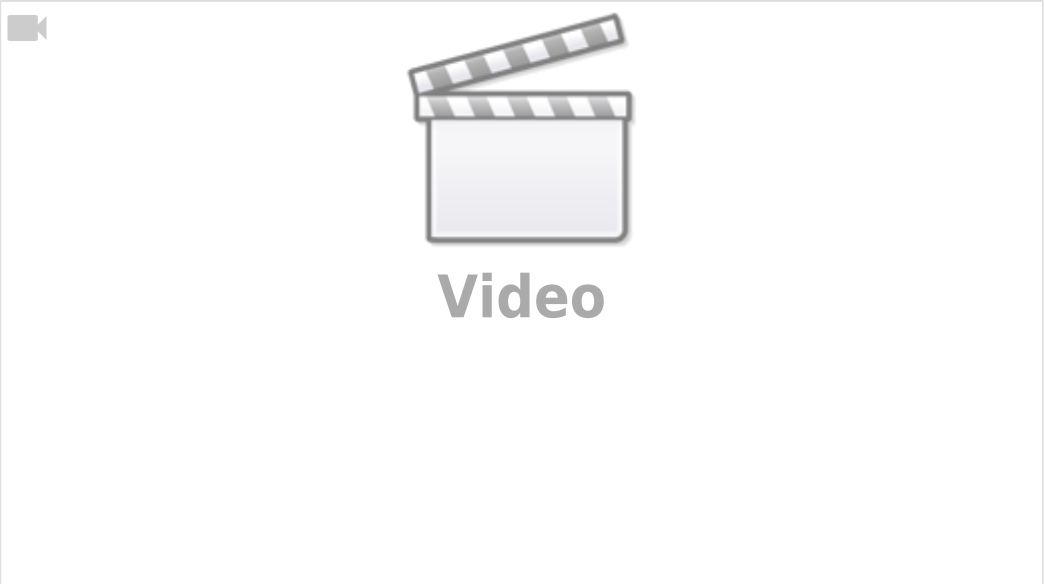
Pistol

Dip

Turkish Getup with Kettlebell



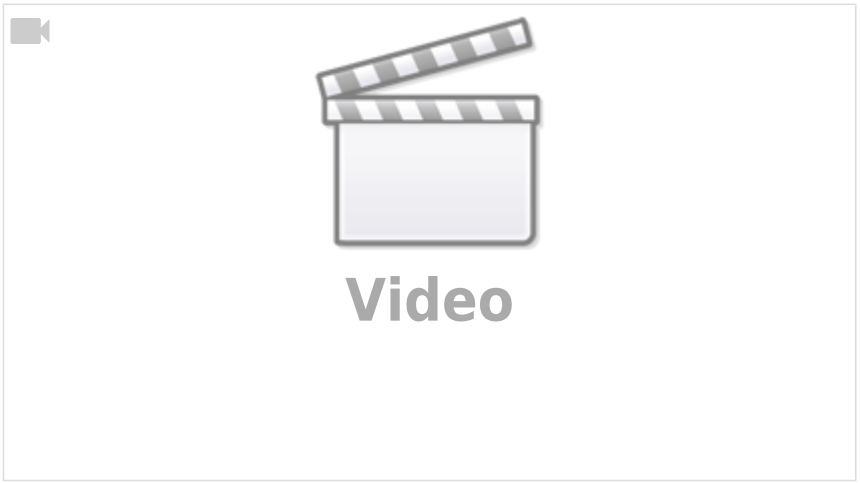
Kettlebell Swing



Deadlift

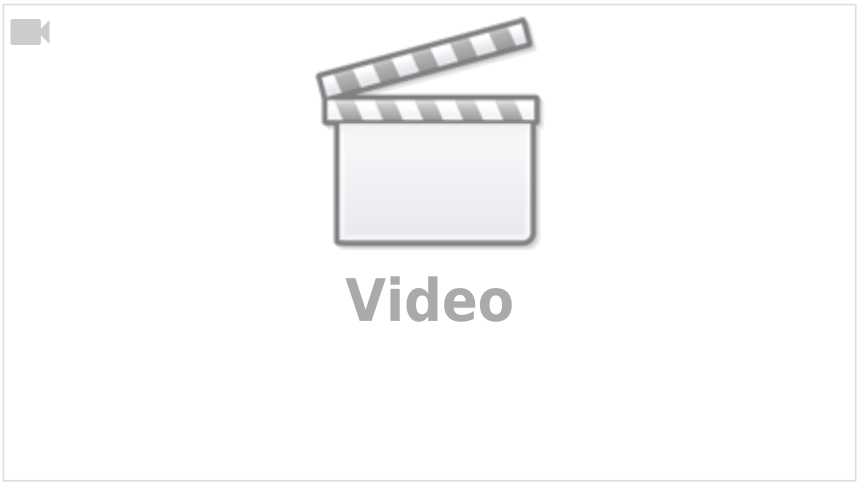
Squat

SFG Kettlebell Level 1 Technique Standards



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

SFG Kettlebell Level 2 Technique Standards



https://www.youtube.com/watch?v=Tu2TxJ6eWPA Windmill - Bent Press - The Jerk - Push Press - Double Kettlebell Snatch

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