



One incredible WOD consisting of four tasks!

The first task is:

⚡ **CrossFit Burpees**

🕒 4 Min. AMRAP

📌 36 reps minimum

🕒 2 minutes rest.

The second task is a kettlebell combo:

⚡ **Alternating Kneeling Press**

🕒 6 Min. AMRAP

📌 Double kettlebells

🕒 2 minutes rest.

The third task is three sets of carefully picked exercises, four reps of each exercise all with double kettlebells:

- ⚡ 4 Gorilla Cleans
- ⚡ 4 Front Squats
- ⚡ 4 Clean and Jerk

🕒 3 minutes rest.

🕒 16 Min. AMRAP

📌 10 push-ups if the kettlebells are put on the

ground

The fourth and last task is the same as task one, well almost, there is the added requirement for the athlete to reach the same amount or more reps as in task one:

↔ **CrossFit Burpees**

🕒 4 Min. AMRAP

📌 *Same or more reps than in task 1*

✖ Finished

Penalties

The athlete will pay with penalties if he/she does not reach the same or more amount of reps in the burpees. More burpees! To calculate how many, calculate the difference between task 1 and task 4, multiply this by four, so if the athlete did 40 burpees in task 1, and 30 in task 4, the difference is 10, multiplied by 4 equals an additional 40 burpees. If the athlete does more than task one there will obviously be no penalties.

Movement Standards

- **CrossFit Burpee**
 - Hips touching the ground
 - Chest touching the ground
Any area starting from the diaphragm up till the shoulders
 - Feet must leave the ground upon jump
 - Hips and knees extended
 - Landing with feet flat
 - Torso within 10° of the vertical plane
 - Clap above head
- **Alternating Kneeling Press**
 - Two kettlebells racked
 - Full hip and knee extension in starting and ending position
 - Both knees on the ground before pressing
 - Full overhead lockout on each press
 - Full rack before coming upright
- **Gorilla Cleans**

- Two kettlebells racked
- Full hip and knee extension in starting and ending position
- One kettlebell always remains racked
- The base of the kettlebell that will be hang cleaned needs to reach below the knee
- **Front Squats**
 - Two kettlebells racked
 - Full hip and knee extension in starting and ending position
 - Hips below the knees upon each rep
- **Clean and Jerk**
 - Two kettlebells racked
 - Full hip and knee extension in starting and ending position
 - Hip hinge swing for the clean
 - Bells behind the knees on the swing
 - Bells need to be racked before being pushed
 - Athlete needs to dip under the kettlebell after the push, with the arms being fully extended before coming upright

With the kneeling combo it will take a bit to get into a rhythm to where you don't have to think too much about what you're doing, so don't get too frustrated with yourself right away.

In the main task of this workout you will need to know how to rack your kettlebell properly, otherwise you'll be doing a whole lot of push-ups. But don't worry, everyone knows how to rack their kettlebells, it's easy, nothing to it. Do you know how I know that the majority of people think like this? Because I've made an awesome [FREE PDF about how to rack properly](#), and over the last two years maybe 2 people downloaded it! That's how I know that everyone already knows how to rack!

To get back to the task at hand, task 3 dictates that if you put the kettlebells down during the 16 minutes, you do 10 push ups, no matter what. Hence, if you don't want to do push-ups, learn how to rack properly, so you can rest with the kettlebells.

Questions

If you have any questions you can post them on the Facebook post you found the link to this PDF on, or you can post in our discussion group here <https://www.facebook.com/groups/unconventional.training>

Videos

You can watch the **full** video here: www.youtube.com/watch?v=Dj5bPp9WazA

Here is a great video with more details on the **Clean and Jerk**: <https://www.youtube.com/watch?v=f2DRxAFbTCE>

Or you like **short clips** of each exercise on Instagram:

- Clean and Jerk <https://www.instagram.com/p/BaBcscdhaiP/>
- Front Squat <https://www.instagram.com/p/BaBcdw3hdck/>
- Gorilla Cleans https://www.instagram.com/p/BaBb_nBhWM6/

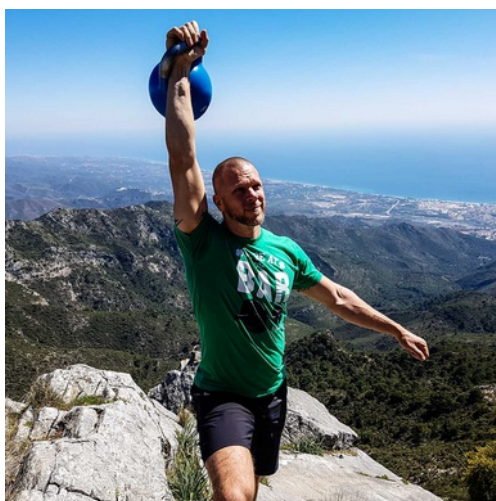
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<https://www.cavemantraining.com/shop/ebook/kettlebell-training-fundamentals-ebook/>



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As always, these free workout PDFs have important points listed about exercises, but it should be noted that there always so much more to learn.

I spend a considerable amount of time putting these workouts together **for you**, please help by sharing our Facebook page, giving it a rating/review, subscribe to our Youtube channel and share plus like. It only takes a few moments of your time and I would appreciate it. Feel free to say “Hi” in the comments anytime, post your results or photo of the workouts. don't be shy.

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