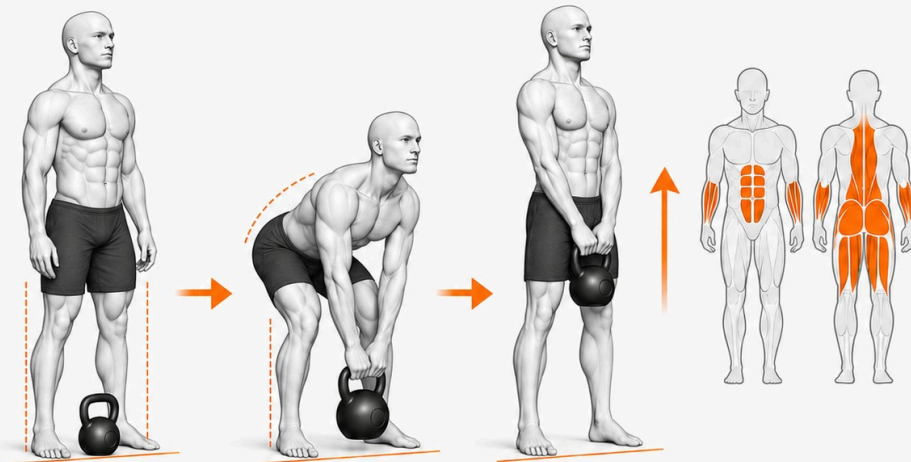


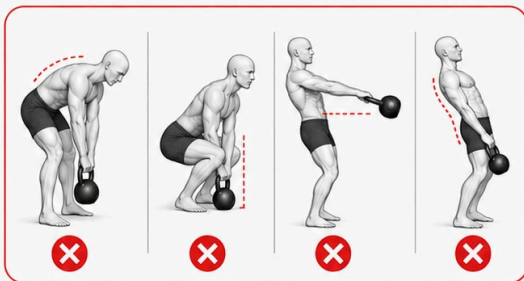


Kettlebell Deadlift

Mrtvý tah s kettlebellem



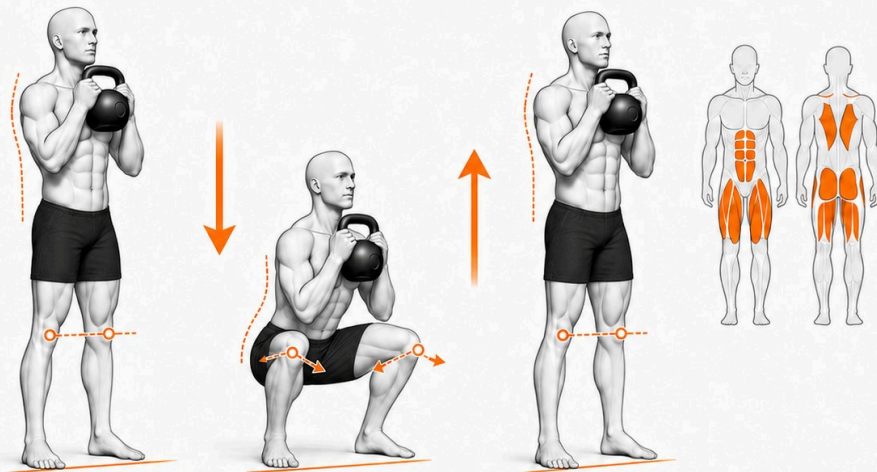
4-8 kg	10-14 kg	14-20 kg





Goblet Squat

Dřep s kettlebellem před hrudníkem



4-8 kg



10-14 kg



14-20 kg

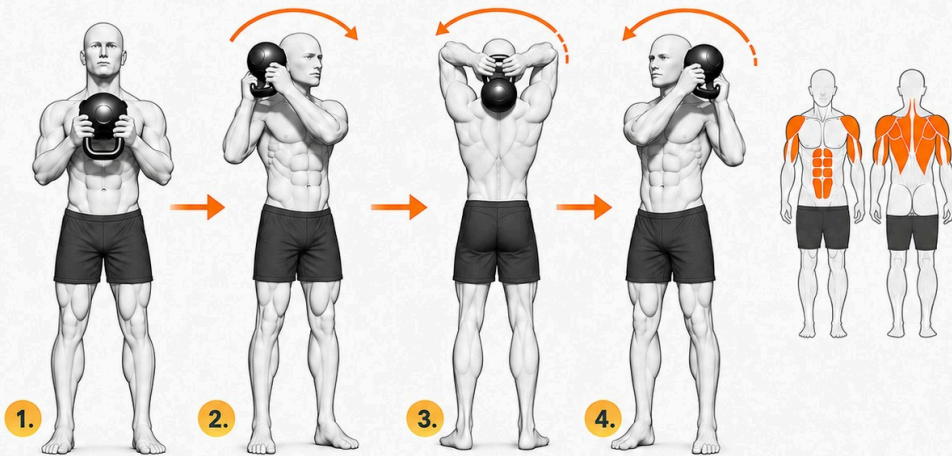




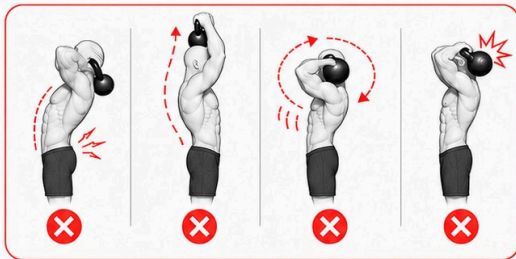
Kettlebell Halo



Halo s kettlebellem



2-4 kg	5-6 kg	8 kg





Around the Body Pass



Předávání kettlebellu kolem těla



1.



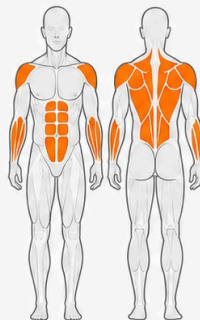
2.



3.



4.



2-5 kg



6-8 kg



10-12 kg

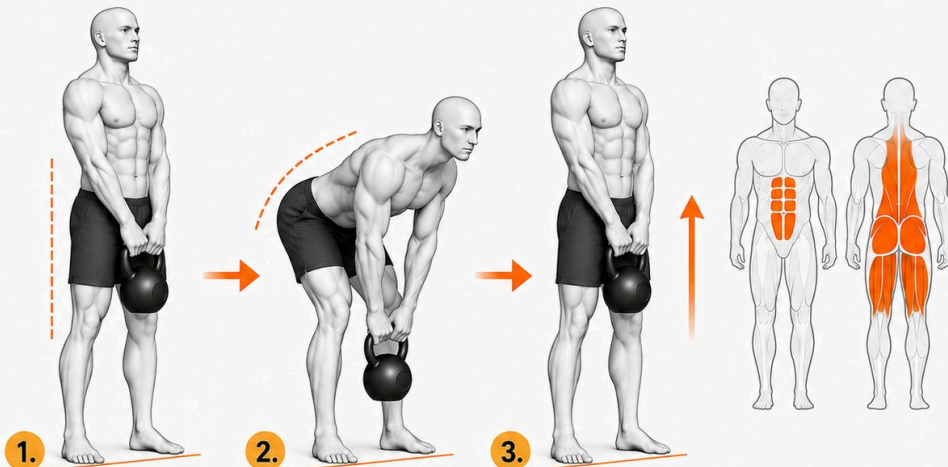




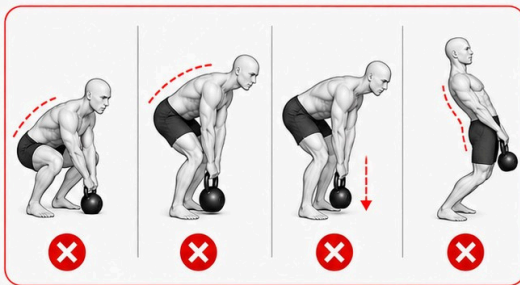
Kettlebell Romanian Deadlift



Rumunský mrtvý tah



5-8 kg	10-14 kg	14-20 kg





Kettlebell Reverse Lunge



Výpad vzad s kettlebellem



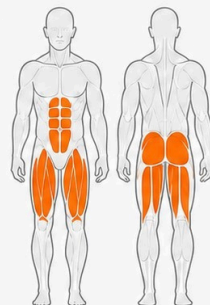
1.



2.



3.



2-5 kg



6-10 kg



12-14 kg

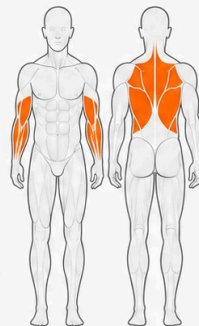




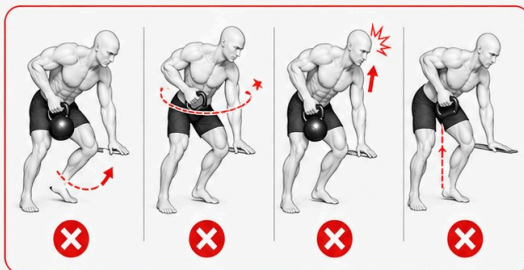
Single-arm Supported Row



Jednoruční přítah s oporou



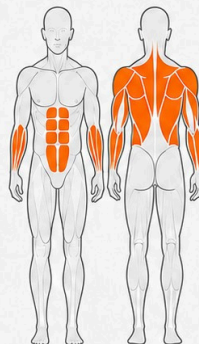
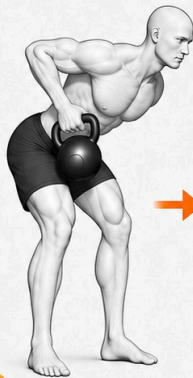
4-8 kg	10-14 kg	14-20 kg





Bent-over Kettlebell Row ●●○

Přítah kettlebellu v předklonu



1.

2.

3.



4-6 kg



8-12 kg



14-20 kg





Farmer Carry

Farmářská chůze



6-10 kg



12-14 kg



20 kg





Kettlebell Hike Drill

Nácvik švihů z kyčlí



1.



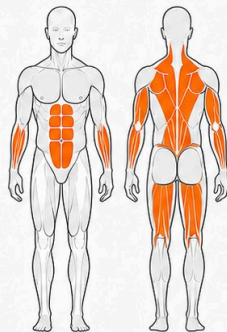
2.



3.



4.



4-6 kg



8-10 kg



12-14 kg





Two-handed Kettlebell Swing

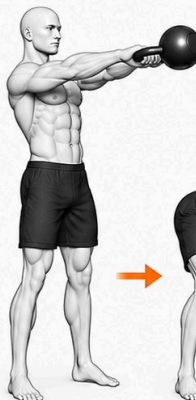
Obouruční švih



1.



2.



3.



4.



6-8 kg



10-12 kg



14-20 kg

