

## Read Book Geoff Neupert Kettlebell Strong

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Geoff Neupert Kettlebell Strong  
My main experience with the double half snatch is in the complexes from Geoff Neupert's Kettlebell Muscle, but I haven't used them much outside that program. Maybe I should start. The advantages are similar to those for the double clean -- You can overload the ballistic hinge with more total weight than a single bell, but reduce the grip demand ...

Double half snatch | StrongFirst  
Forum

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(Any Strong First experts are free to correct me if I have anything wrong...) For the 5 x5, you want to shoot for 5 reps or your max per set. The 5,5,4,4,3 for reps is just an example or someone. You may have reps per set of 5,5,5,3,2 or some other combination during your workouts. ... that 5 x 5 and some ballistic kettlebell training is ...

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