

Workout #9- “Ventura”

Duration- 22 minute half pyramid or 44 minute complete pyramid

Focus- All- Endurance and coordination for full body force generation

Description- Combining CalRope Undulation with the kettlebell snatch. The snatch is a difficult exercise that should be mastered prior to attempting this workout.

- For half pyramid, set Gym Boss timer for 15 rounds of 30 seconds ‘on’ and 60 seconds ‘off’ (for full pyramid, set timer for 29 rounds)
- During 30 seconds interval, perform any CalRope undulation you would like
- During the first 60 second interval, perform 1 kettlebell snatch
- On each 60 seconds interval, perform an additional snatch, until the 15th round when you will perform 15 snatches during the 60 second interval.
- You may conclude the workout here...or
- Perform 14 snatches on the next 60 second interval, and perform one less snatch on each succeeding 60 second interval.

	Undulate	KB Snatches
Round 1	30 sec.	1
Round 2	30 sec.	2
Round 3	30 sec.	3
Round 4	30 sec.	4
Round 5	30 sec.	5
Round 6	30 sec.	6
Round 7	30 sec.	7
Round 8	30 sec.	8
Round 9	30 sec.	9
Round 10	30 sec.	10
Round 11	30 sec.	11
Round 12	30 sec.	12
Round 13	30 sec.	13
Round 14	30 sec.	14
Round 15	30 sec.	15

Stop Here If Performing Half Pyramid.

Round 16	30 sec.	14
Round 17	30 sec.	13
Round 18	30 sec.	12
Round 19	30 sec.	11
Round 20	30 sec.	10
Round 21	30 sec.	9
Round 22	30 sec.	8
Round 23	30 sec.	7
Round 24	30 sec.	6
Round 25	30 sec.	5
Round 26	30 sec.	4
Round 27	30 sec.	3
Round 28	30 sec.	2
Round 29	30 sec.	1