

JULY KETTLEBELL DEADLIFT

Monthly Movement Challenge

JULY 5 - JULY 30 | MONDAYS - FRIDAYS

The Kettlebell Deadlift challenge is simple. You will take a moderate weight kettlebell and perform 10 reps three times per week during the month of July. Each rep will be performed at a tempo of five-seconds down, one-second up, and a one-second hold at the top. Count Slowly and be aware of the speed of your count. This challenge will reinforce the posterior chain by building strength, range of motion and motor control. The challenge runs from July 5 thru July 30.

Goals for the challenge:

- Improve the strength of the deadlift
- Improve the range of motion of the hips
- Improve the motor control of the hip
- Build those glutes up again

Get with a Wellness Staff member on Monday, July 5 to receive a card and start your deadlifts.

- After you have received a KBDL Challenge card (**keep up with your card**). Wellness Staff will sign each day that you **complete your session of KB deadlifts**. For your convenience, dates have been assigned for each day on your card.
- If you cannot attend the gym that day, you are responsible for videoing your kettlebell deadlifts and posting it to the Choctaw Wellness or Choctaw CrossFit Facebook pages or showing it to a coach to be verified and signed off.
- If you complete **100% (12/12)**, you will receive 15 Well Bucks! If you complete **(9/12)**, you will receive 8 Well Bucks! So, if you want those Well Bucks, be consistent!



Choctaw Nation Wellness Center