

# NAUTILUS

Strength, cardio, and mobility  
Double kettlebell work



## Warm-up

2 × squat

4 × jumping jack

2 × front to back clap

**2 minutes**

1 × CrossFit burpee

1 × alternating Frankenstein kick

**1 minute**

2 cycles

# Workout

5 × double kettlebell chest press  
5 × CrossFit burpee

**6 MIN AMRAP**

4 × double kettlebell racked squat  
4 × CrossFit burpee

**6 MIN AMRAP**

30 seconds transition

30 seconds transition

4 × double kettlebell chest press  
4 × CrossFit burpee

**5 MIN AMRAP**

3 × double kettlebell racked squat  
3 × CrossFit burpee

**5 MIN AMRAP**

## Active recovery and mobility work

Ninety-ninety

Curtsy get-up

Shinbox into the other side

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Thoracic rotations and arm over

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Single arm scarecrow into extension and adduction

**10 minutes**

**Scoring: total rounds × weight**

**Areas worked: chest, legs, triceps, and core**

## Copyright

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If you are posting just a snippet, on Instagram for example, the minimum that should be included is:

The original workout was designed by Cavemantraining and came from

<https://kettlebellexercises.fitness>

If you are posting the full workout and details, it needs to be accompanied by credit and a link back to the *exact page* where the workout can be found, example: The original workout was designed by Cavemantraining and came from <https://kettlebellexercises.fitness/session/twentyfour/>

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