

Kettlebell Pentathlon™ Rules

5 One-Arm Kettlebell Exercises:

- #1 Clean – 120 reps max
- #2 LongCycle Press – 60 reps max
- #3 Jerk – 120 reps max
- #4 Half Snatch – 108 reps max
- #5 Push Press – 120 reps max
- 6 minute set for each exercise
- 5 minute recovery between sets
- No points given for over max reps
- Unlimited switching of hands
- Variable choice of weights from 8KG-72KG
- Knees cannot bend on press and feet cannot leave the floor on PushPress.
- Fixation on clean is required in Pentathlon when using Fixometer

Weight Factors 1 point per 8KG:

- 8KG = 1
- 12KG = 1.5
- 16KG = 2
- 20KG = 2.5
- 24KG = 3
- 28KG = 3.5
- 32KG = 4
- Even 2kg weights can be factored by .25
10KG = 1.25, 14KG = 1.75 etc...

Scoring Example:

- Clean @20KG = 72reps x 2.5 = 180
- LongCycle Press @12KG = 48reps x 1.5 = 72
- Jerk @16KG = 72reps x 2 = 144
- Half Snatch @16KG = 96reps x 2 = 192
- Push Press@12KG = 60reps x 1.5 = 90
- Total Score: 678

Men's Standards

- < 720 : Low
- 721 – 900 : Average
- 901 – 1080 : Good
- 1081 – 1260 : High
- 1261 – 1440 : Extreme
- > 1441 : Superhuman

Women's Standards

- < 360 : Low
- 361 – 540 : Average
- 541 – 720 : Good
- 721 – 900 : High
- 901 – 1080 : Extreme
- > 1081 : Superhuman