



# Today was the first day this year that I was able to do any double kettlebell

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Today was the first day this year that I was able to do any double kettlebell lifting due to injuries and surgery. It felt good to be back! I just eased in with 10x 1min long cycle with an 8rpm pace, 14 on the last minute. The 2nd video is the last minute.

*[\\* This article was originally published here](https://kettlebellsfit.blogspot.com/2019/08/today-was-first-day-this-year-that-i.html)*

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