



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

Video is not supported in your browserVideo is not supported in your browser

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)*

<https://kettlebellsfit.blogspot.com/2019/08/today-was-first-day-this-year-that-i.html>