

{jcomments off}Jerk of kettlebells

Jerk - the first exercise of the classic biathlon in [kettlebell lifting](#) . A sportsman lifts two kettlebells simultaneously. In the start position a sportsman holds kettlebells on the chest, elbows are resting on the stomach. The lift is divided in three stages: pushing with legs and hips, squat and fixation of kettlebells in straight hands above the head.

