

{jcomments off}Long cycle with kettlebells

Long cycle (also called long jerk) - the separate discipline in [kettlebell lifting](#) . Long jerk is similar to the short (classical) jerk. The start position is the same with two kettlebells on the chest. The second phase is the short jerk (kettlebells are fixed above the head). In the third phase a sportsmen lets down the kettlebells, swings them between the legs and lifts back to the chest.

Long cycle consist of two phases: clean and jerk..

