RankTime

FREE PRINTABLE · 5 PAGES

TECHNIQUE · TEST · PLAN

Kettlebell Snatch

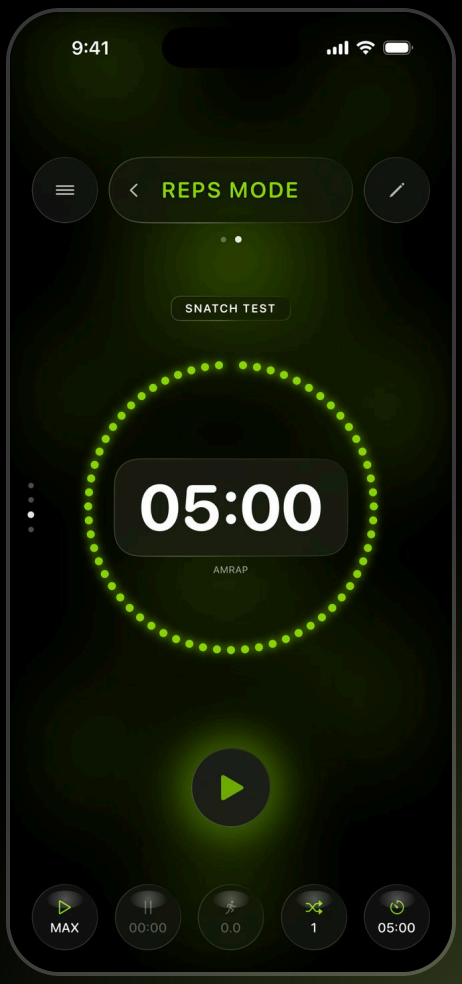
The snatch step by step, the test bell for every bodyweight, the 100 snatch test with a log, and the 4 week 15:15 plan from the research.

2 Snatch test standards on one page

3 Snatch technique and test log

4 Your 4 week snatch plan

5 Train it with RankTime



Download on the App Store

From the free guide at ranktime.app/guides/kettlebell-snatch/
Made by RankTime, the workout timer that counts your reps.

KETTLEBELL SNATCH

Snatch test standards

StrongFirst SFG I

WHO	BELL
Women up to 59 kg (130 lb)	**12 kg**
Women over 59 kg (130 lb)	**16 kg**
Women 50 to 64	**12 kg**
Women 65 and over	**12 kg**
Men up to 68 kg (150 lb)	**20 kg**
Men 68 to 100 kg (150 to 221 lb)	**24 kg**
Men over 100 kg (221 lb)	**28 kg**
Men 50 to 64	**20 kg**
Men 65 and over	**20 kg**

100 in 5 minutes. From 65: 50 in 3 minutes.

RKC, open class

BODYWEIGHT	BELL
Men up to 61 kg (135 lb)	**18 kg**
Men up to 68 kg (150 lb)	**20 kg**
Men up to 75 kg (165 lb)	**22 kg**
Men above that	**24 kg**
Women up to 45 kg (100 lb)	**10 kg**
Women up to 54 kg (120 lb)	**12 kg**
Women up to 61 kg (135 lb)	**14 kg**
Women above that	**16 kg**

100 in 5 minutes. From 50 to 64 the bells are lighter, 16 to 22 kg for men and 8 to 16 kg for women depending on bodyweight. From 65: 50 in 3 minutes with those same bells.

Other snatch tests

TEST	RULES	BELL
Secret Service	As many as you can in 10 minutes. 200 is the benchmark.	24 kg men, 16 kg women
Kettlebell sport	One set of up to 10 minutes (5 for beginners), a single hand change (IUKL)	Adult men 24, 28 or 32 kg, women 16, 20 or 24 kg

The SFG and RKC rules. Both arms added together. Switch hands and set the bell down as often as you like: the clock keeps running. **Pace:** 100 in 5 minutes is 20 a minute, 10 every 30 seconds: 10 with one hand, then 10 with the other, every minute.

Sources: StrongFirst SFG I requirements; RKC requirements (archived June 2025); Toshner, StrongFirst 2023; IUKL 2024. All sources are linked in the guide.

TEST DAY

Snatch it right

1. **Set up.** Feet a little wider than your hips, bell a foot in front. Hips back, back flat, one hand on the handle.
2. **Hike it** back between your legs, high, as in a swing.
3. **Snap your hips** and stand up tall. That is what moves the bell.
4. **Keep it close.** Elbow bends a little, the bell travels up, not out.
5. **Punch through** as it passes your face, so it turns around your hand onto your forearm.
6. **Lock out.** Arm straight, biceps by your ear, knees straight. Stop, bell and body still.
7. **Let it fall** in front of you, close, without touching your chest or shoulder. Hips back into the next rep.

No count in the tests: a bent elbow, a press out, no stop at the top, a hand on your thigh, touching your chest or shoulder on the way down. Three no counts end the test, and so does dropping the bell instead of setting it down.

My test log

TEST	DATE	BELL	TIME	LEFT	RIGHT	TOTAL	NOTES
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

THE PLAN

4 week snatch plan

As in the study: test, then 3 days a week of 15:15 for 20 minutes, 15 seconds of snatches and 15 seconds of rest, switching hands each time. Test again at the end of week 4.

My numbers

My bell _____ kg

Test, day 1 _____ snatches

Snatches per 15 s _____

Test, end of week 4 _____ snatches

IF	THEN
You start	Pick a number per 15 seconds you can keep crisp for all 20 minutes. 5 is the test pace.
5 is too many	Start with 3 or 4, and add one when it feels easy
20 minutes is too long	Start with 10 minutes, and add 2 minutes a session

Tick off every session

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	**Test max:**	Rest	☐ 20 min 15:15	Rest	☐ 20 min 15:15	Rest	Rest
2	☐ 20 min 15:15	Rest	☐ 20 min 15:15	Rest	☐ 20 min 15:15	Rest	Rest
3	☐ 20 min 15:15	Rest	☐ 20 min 15:15	Rest	☐ 20 min 15:15	Rest	Rest
4	☐ 20 min 15:15	Rest	☐ 20 min 15:15	Rest	**Test max:**	Rest	Rest

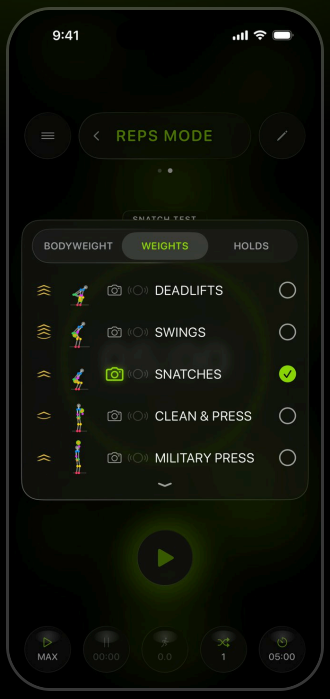
Test day: 5 minutes with your bell, every clean snatch counted. Same rules as page 3. Rest days matter: your hands and grip need them.

RankTime

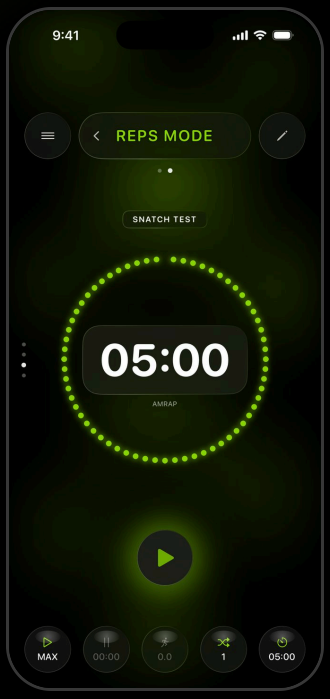
TRAIN IT WITH RANKTIME

Take the test with RankTime

The camera counts every snatch with either hand, and the clock runs the 5 minutes for you.



On WEIGHTS, tick SNATCHES.



SNATCH TEST: one set, 5:00 on the clock.



Trainer: where to put the phone, and a test.

1. Swipe to REPS, then to PUSHUP TEST. Tap the exercises circle, then the exercise under the ring. On WEIGHTS, tick SNATCHES, untick PUSHUPS.
2. Set the last circle, the time, to 5:00. Tap the + under the tick and name it SNATCH TEST.
3. Stand the phone about 2 meters (6 feet) away, at an angle, with room overhead in the frame.
4. Press play. The camera counts every snatch until the clock runs out, then your total is saved.

- ✓ The camera counts your reps on the phone itself. Nothing is uploaded.
- ✓ Timers built in: AMRAP, EMOM, Tabata, ladders, and GPS runs before or after.
- ✓ A military rank for every exercise, from Private at rep one to General of the Armies.

Download on the App Store

Scan to get RankTime
on your iPhone