

WB SME Motions List: "Odd Lifts"

Sledgehammer:

- 2-hand tire smash
- 2-hand tire smash L to R hand switch
- 2-to-1 hand tire smash
- 1-hand tire smash stationary
- 1-hand tire smash w/ step

Mace:

- Virtual shovel/ gravediggers
- Front pendulum
- Front pendulum shove
- Back pendulum
- Back pendulum & pull over
- Flips
- 360
- 10-2

Kettlebell:

- Hand-to-hand swings
- Speed snatch
- Wall ball substitute
- Slam dunk stationary
- Slam dunk w/ step
- Figure 8 flip