

Kettle Bell Exercise Guide



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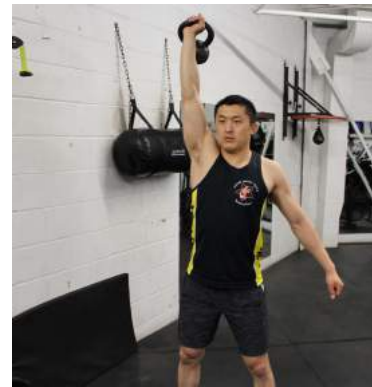
Clean and Press

Targeted Muscles:

Deltoids, Traps, Triceps, Mid/Lower Back, Abdominals, Glutes, Quadriceps

How to Perform:

- 1) Start standing over the kettlebell as it rests on the ground.
- 2) Grab the kettle bell, then as if you were doing a deadlift, clean the kettle bell to your shoulders by extending through the legs and hips while activating your glute and pressing your hips forward.
- 3) As you bring the kettle bell up, rotate your arm so your wrist faces away from you.
- 4) The pressing motion requires you to dip your knees slightly, keeping your chest up, forming a neutral spine, then drive up through your heels as you press the kettlebell overhead.
- 5) Bring the weight down onto the floor and repeat.



Deadlift

Targeted Muscles:

Full body Work-Out

How to Perform:

- 1) Place the kettlebell on the ground in between your legs.
- 2) Push your hips back, focus on keeping your back-neutral (Squeeze shoulder blades back, chest out) until you can't any more then bend down and reach the kettle bell.
- 3) Keeping your back neutral, bring your hips forward as you pull the kettle bell up and slightly back, at the top squeeze your glute as you reach full extension.



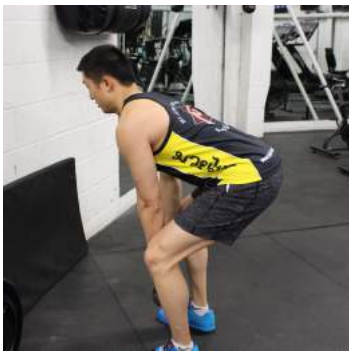
Double Arm Swing

Targeted Muscles:

Hamstring, Gluteus Maximus

How to Perform:

- 1) Place one kettle bell between your feet.
- 2) Push your butt back, slightly bend at your knees, keeping your core engaged, squeezing your shoulder blades and pushing your chest out (forms a neutral spine).
- 3) Look straight ahead while keeping your back flat in its neutral position.
- 4) Swing the kettlebell with both of your arms between your legs forcefully. Do this by driving your hips forward. You will keep your arms straight and use your hips rather than your arms to swing the kettle bell.
- 5) At the top, squeeze your glute and allow the kettle bell to naturally fall-down.



Floor Press

Targeted Muscles:

Pecs, Triceps, Anterior Shoulder.

How to Perform:

- 1) Lay on the floor with the kettle bell in one hand.
- 2) Engage your core and create a slight arch in your back so that just your upper back and glute touches the ground, press the kettle bell up using your chest.
- 3) Ensure that you squeeze your shoulder blades back the entire time and push your chest out, to activate your chest muscle.



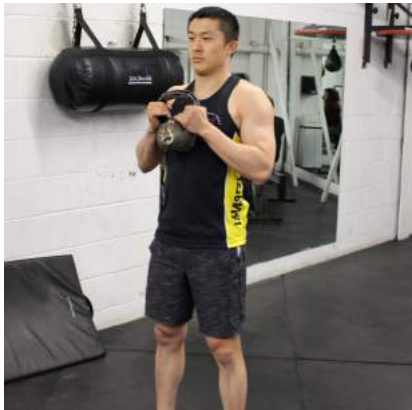
Goblet Squat

Targeted Muscles:

Hip, Squads, Lats, Flexors, Hamstring, Gluteus

How to Perform:

- 1) Stand in a squat position (feet shoulder width apart) with the kettlebell in your hands.
- 2) Hinge back at your hips and sit down with a focus on keeping your weight on your heels.
- 3) Focus on driving your knees outwards, but to allowing your knees to go past your toes on the way down, you are really sitting down into your low stance, the weight of the kettle bell will help you stay balanced.
- 4) Come back out, keeping your back neutral.



Kettle Bell Hip Thrusters

Targeted Muscles:

Glutes, Hamstring

How to Perform:

- 1) Lay on the ground, or rest your upper back on a bench.
- 2) Hold the kettlebell on your stomach with your hands securing it.
- 3) Drive your pelvic area up wards to form a bridge with your body.
- 4) Bring it down and repeat.
- 5) As you complete this exercise focus on keeping your knees pointed outwards so they don't collapse in as you perform the thrust.



Military Press

Targeted Muscles:

Deltoid, Pectoral, Trapezius

How to Perform:

- 1) Stand feet shoulder width apart.
- 2) Retrieve a kettlebell and bring it up to your shoulder.
- 3) Press the kettle bell up, and slightly out.
- 4) Once they clear your head, push your head forward so that the kettlebell is behind your head.
- 5) Focus on engaging your glute, lats and stomach to ensure your body is ridged and maintain stability.



Push-Up (On Kettle Bell)

Targeted Muscles:

Pectorals, Deltoids, Triceps, Abdominals, Serratus Anterior

How to Perform:

- 1) Place the two kettlebells on the floor on the floor (vertically or horizontally).
- 2) Place your hands on the kettlebell and get into the push up position.
- 3) Make sure you are engaging your glute, abs and back to ensure a neutral spine position.
- 4) Lower yourself so that your elbows form a 90 degree, then push yourself up.



Push-Up Row

Targeted Muscles:

Pectorals, Deltoids, Triceps, Abdominals, Serratus Anterior, Trapezius, Rhomboids, Erector Spinae, Biceps Brachii.

How to Perform:

- 1) Perform a push up as per the Push up Kettle Bell.
- 2) At the top, keeping your shoulder blades squeezed back and core engaged, pull one of the kettle bells up so that your elbow passes as close to your ribs as possible.
- 3) Lower then repeat on the other side.



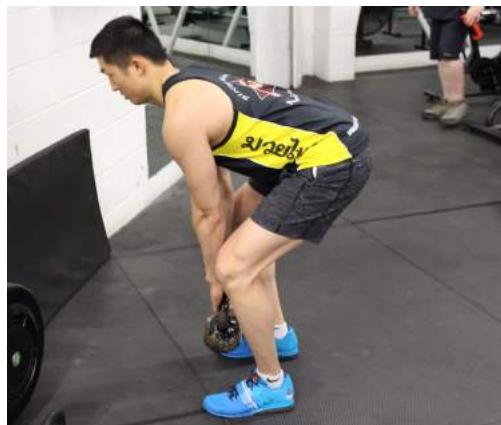
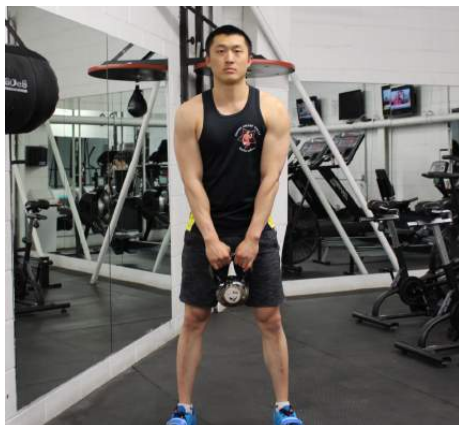
Romanian Dead Lift

Targeted Muscles:

Glutes & Hamstrings

How to Perform:

- 1) Stand feet shoulder width apart with the kettlebell in your hands between your legs.
- 2) It is critical to maintain a neutral spine through-out this exercise by squeezing your shoulder blades back together, pushing your chest out, and engaging your core.
- 3) Hinge backwards at the hips and with a slight bend at the knees allow the kettle bell to travel in a straight line towards the floor until you feel a stretch in your hamstring.
- 4) Bring your body back up by engaging your hamstrings and glute.
- 5) Repeat



Row

Targeted Muscles:

Latissimus Dorsi, Trapezius, Rhomboids, Bicep Brachii, Erector Spinae.

How to Perform:

- 1) Bend over and place 1 arm on a bench or elevated platform that can support your weight.
- 2) Using the other hand, lift the kettle bell and allow it to hang.
- 3) Keeping your back arched and in a neutral position, bring the kettlebell up, and bring your elbows in close as you can.



Russian Twist

Targeted Muscles:

All Abdomen Muscle Group (Rectus Abdominis, Internal Oblique's, External Oblique's).

How to Perform:

- 1) Lay on the ground with your knees bent and feet flat on the ground.
- 2) Lean back so that your upper torso is at a 45-degree angle off the floor. Ensure that your spine is straight and that your back is not rounded.
- 3) Bring your arms out in front of you and grab the kettle bell.
- 4) Rotate your upper body left and right and bring the weight to your left and right side.



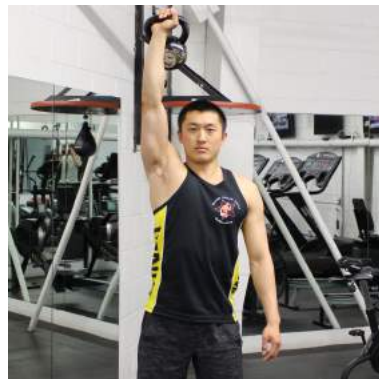
Snatch (Single Arm)

Targeted Muscles:

Trapezius, Deltoids, Gluteus Maximus, Hamstrings, Quadriceps

How to Perform:

- 1) Start with the kettlebell in between your legs, with your feet shoulder width apart.
- 2) Grab the kettle bell, and ensure your back is neutral for the entire exercise (Shoulders squeezed back, chest out, core engaged creating a natural curve). Your back should never be rounded.
- 3) Grab the kettle bell and swing it back between your legs.
- 4) As it comes back, use this momentum along with your hips (pressing forward) and knees.
- 5) As the kettle bell goes to your shoulder, turn the kettlebell over and press it in one continuous motion up.



Split Squat

Targeted Muscles:

Quadriceps, Glute (Stabilizers), Gastrocnemius, Hamstring

How to Perform:

- 1) Position yourself in a lunge position with the rear leg on an elevated platform or on the ground with either 1 kettlebell in each hand or 1 kettlebell in both hands.
- 2) Descend slowly ensuring your spine is neutral ensuring that your knee's never go past your toes.
- 3) You should feel like you are lowering yourself straight down, rather than forward.
- 4) At the bottom of the movement, drive up with your heels.



Straight Leg Deadlift

Targeted Muscles:

Full Body

How to Perform:

- 1) Hold the kettle bell in your hands in your upright position.
- 2) Push your hips back while keeping your legs straight and your spine neutral.
- 3) As you drive your hips back, bend forward until you feel a stretch in your hamstring.
- 4) Bring the kettlebell back up by engaging your glutes and pressing your hips into the air.

