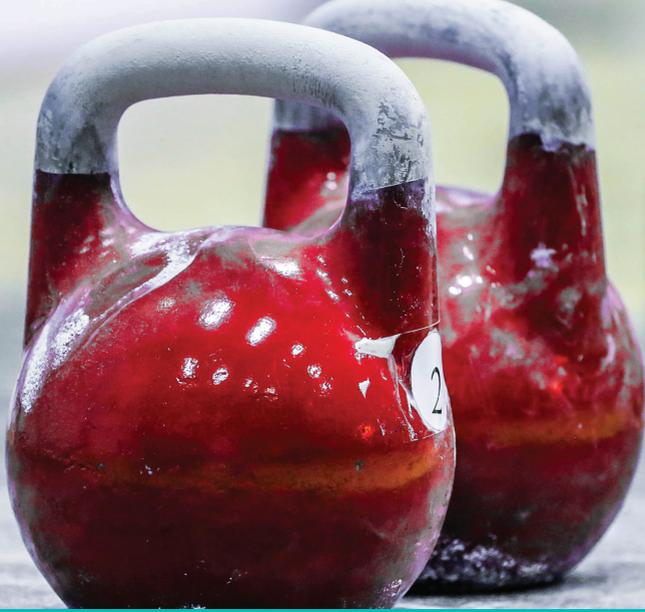


KETTLE BELLS BASIC SESSION



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INTRODUCTION

Kettlebells exercises are compound movements; they are superior to machines that isolate muscles for improving muscle tone, body composition, and strength. Kettlebells also strengthen the tendons and ligaments, making the joints tougher and less-susceptible to injury. This simple kettlebell workout is a great introduction to kettlebells and will take you no longer than 20 minutes to complete.

Choose a weight that you feel comfortable with, if you are a complete beginner it is probably best to start with a relatively light weight allowing you to ensure you get your technique right before moving on to a heavier weight. A good starting weight will be 4 or 6 kg.

PROGRAMME

Perform each exercise for 30 seconds or 10 to 12 repetitions then repeat this 2-3 times. Once you have completed all 6 exercises 2-3 times repeat the process

Estimated time 20 minutes

FRONT SQUATS:

1. Stand with your feet shoulder width apart and toes pointing straight forwards.
2. Hold the kettlebell by the horns (the first part of the handle either side). Hold the kettlebell tight into your abdomen.
3. Keep the back straight as you initiate movement at your hips.
4. Push your rear out behind you and bend your knees.
5. Do not let your knees move in front of your toes.
6. Do not squat deeper than a 90 degree (right angle) at the knee.
7. Start with shallow squats and increase gradually.
8. Return to the starting position.



DEAD LIFTS:

1. Keep feet shoulder width apart, pointing forwards or slightly outwards.
2. Squat down grasp the kettlebell.
3. Thighs should be approximately parallel to the ground, back straight, and eyes looking forward.
4. Keeping the back rigid and arms straight, lift the kettlebell using the legs, keeping the kettlebell as close to the body as possible.
5. When standing upright, complete the lift by raising the shoulders.
6. Return kettlebell to ground using a controlled technique.



BENT ROW:

1. Deadlift the kettlebells off the floor
2. Push the hips back (hip hinge), slight bend at the knees and have the upper body positioned at 45 degrees lean forwards
3. Have the arms extend directly below the shoulders
4. Row the kettlebell up to the bottom of the chest. The elbow should lead the movement moving out to the side in line with the chest
5. The body should stay in the same position throughout the movement, if the
6. 45 degree angle is lost then the back moving is helping to lift the weight
7. Slowly lower to the start and repeat



SWING:

1. Think about the swing as a deadlift motion in fast forward.
2. Hike the kettlebell up and back, as you would a football.
3. Push your hips backward.
4. Retract your shoulder blades and maintain that position.
5. Keep your shins vertical throughout the movement.
6. Drive your hips forward forcefully, making the kettlebell float to shoulder height.
7. Form a plank with your body at the top of the swing. This means bracing your abs and creating a straight line from head to heel.



WIND MILL:

1. Stand with feet shoulder width apart.
2. Rotate feet facing left at about 45 degrees.
3. Right arm is locked out straight overhead.
4. Hinge hip to right and feel tension in the right glute.
5. The right leg must start straight and loaded.
6. The left leg can be straight or bent, but mostly unloaded.
7. Rotate at the spine while keeping your eyes on the locked out arm.
8. While keeping shoulder packed and chest open, rotate toward the ground only as low as your mobility will allow, without rounding your lower back.
9. Squeeze your glutes and stand back up.



FIGURE EIGHT:

1. Pick up the kettlebell with your right hand, keeping your back straight.
2. Swing the kettlebell back through your legs switching hands behind you (the direction of the kettlebell always starts from front to back).
3. With the kettlebell now in your left hand, swing around outside of left leg, and bring it back through your legs, switching back to your right hand behind you.
4. Use your hips and legs to power the momentum of the kettlebell.



If you need help on any of the exercises please ask an instructor at the gym desk.

