

Strength Workout: Kettlebell Basics


Equipment needed:

- [Exercise mat](#)
- [Set of Kettlebells \(I prefer to use cast iron Kettlebells\)](#)
- [Foam roller](#)

Get ready, because kettlebell workout will torch tons of calories and strengthen your body from head to toe. This routine features basic kettlebell moves that will play a powerful in your strength-training repertoire. This specific workout introduces you to a basic kettlebell movements that you can integrate into any cardio or strength workout for more variety and challenge.

When learning these exercises, it's important to start with a light weight first to focus on your form, technique, and skill. Increase the weight after you feel comfortable with the movement. It's all about pacing yourself and listening to your body; it will tell you what's right. I will give you weight guidelines to start below, adjust as needed to perform each exercise with proper form and focus.

Strength Workout: Kettlebell Basics

Exercise	Picture
Warm up 5 minutes Walking, rowing machine, spin bike, or choice. Spend 1-2 minutes stretching your quads and opening your shoulders/chest.	
Warm up: Arm Jumping Jacks Reach both arms out in front of your chest, crossing one arm over the other. Open and close the arms in a crossing motion, an “arm jumping jack”! Get the blood flowing in the upper body and work out any kinks. 1-2 sets of 30-60 seconds arm jacks.	



Warm up: Air Squat

Bring your legs hip distance apart with your feet in parallel. Lower your hips down into a squat and reach your hands in front of you. Engage your upper back and keep your shoulders down away from your ears. Stand with the feet hip distance apart toes facing straight forward. Extend the arms out in front of you for balance. Sit the butt back and down, bringing the thighs parallel to the floor. Make sure the heels stay on the floor and chest is lifted. Keep the knees behind the toes as shown in picture. Press through the heels to return to a standing position.

For your warm up, do **1-2 sets of 15 reps**



Warm up: Hollow body hold

Lie down flat on your back and contract the abs, pulling the belly button towards the floor. Slowly raise shoulders and legs from the ground. The arms and head should be raised along with the shoulders. The lower back must remain in contact with the floor. The goal is to find the lowest position that you can hold the arms and legs, without them touching the floor and without breaking lower back contact (the point at which



the lower back begins to arch from the ground). Keep the butt and abs tight at all times. If you need a modification, bend your knees.

Perform 1-2 sets of 30-60 second hold.



Warm up: Plank

Lie face-down on the floor with your legs together, forearms close to the torso, and toes perpendicular to the floor as if you're going to do a push up. Lift your body using your abdominal muscles and your arms, until it's in a straight line from head to toe, and the only body parts touching the floor are your toes and your forearms.

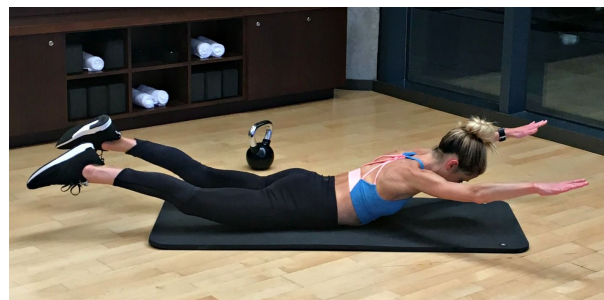
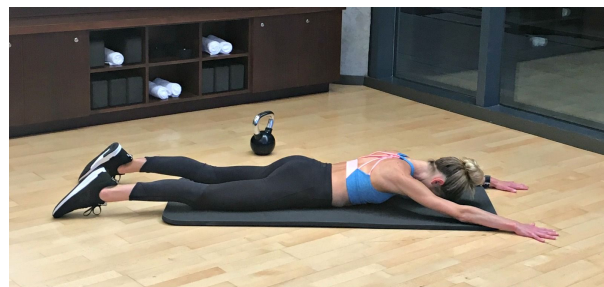
Hold for 1-2 sets of 30-60 seconds



Warm up: Back extension

Lie on your stomach with the arms reaching forward. Lift both arms and legs a few inches off the floor. Hold the position, then lower. Use your core and keep your shoulders back and down.

1-2 sets of 10 lifts



Kettlebell Front squat

The kettlebell front squat is, like the kettlebell swing, one of the most fundamental and basic of all kettlebell exercises. That said it is a great exercise for developing balance, leg strength, and core strength. Lift one kettlebell up to chest height. Hold the kettlebell from its handles at your chest, keeping the wrists in neutral. Take your feet shoulder width apart, and toes straight ahead or turned out five to ten degrees. Engage your core and maintain perfect posture. Holding the kettlebell in this position, perform a squat, inhaling on the way down. Push through the ground and exhale as you stand. You should feel your abs, butt, legs, upper back, and heart rate! Keeping this amazing form, perform 2-4 sets of 8-12 reps. Start with a 26lb kettlebell. If it's too easy, use a heavier kettlebell, if it's too hard, use a lighter kettlebell.

2-4 sets of 8-12 reps



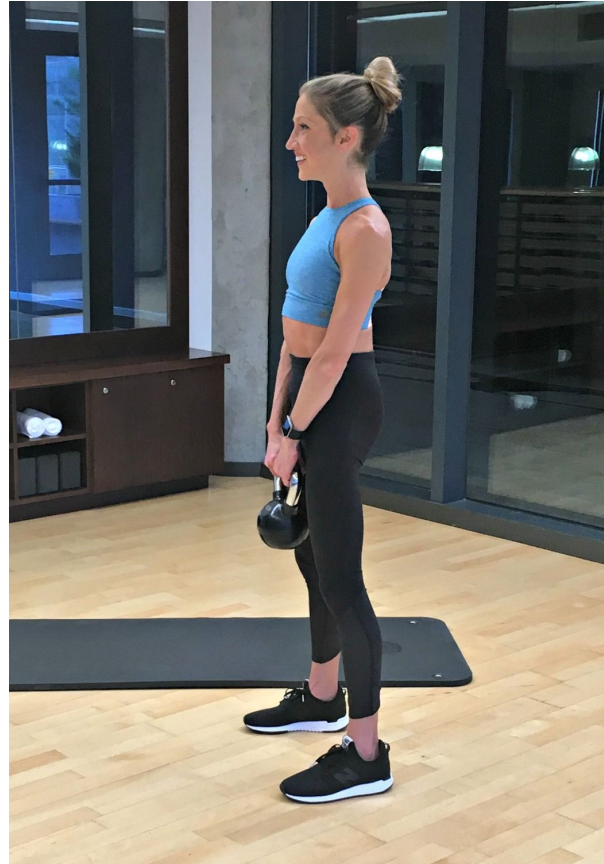
Kettlebell Swing

Take the time to get this basic traditional kettlebell move right. It recruits all those muscles that have to do with posture: your stabilizer muscles, the glutes, the hamstrings, the whole entire backside of the body. More importantly, because it's such a dynamic movement, you're going to get the heart rate up and build cardiovascular fitness in addition to strength. It's a phenomenal move for all-over fitness, cardio, strength training, and toning. Are you ready to swing?!

1. Stand with your feet wider than hips-width apart, toes slightly pointing out. Lean slightly forward as you squat down; hold a kettlebell with both hands between your legs. Make sure your back is flat and your abs are engaged.
2. As you inhale, press into your feet and explode up, straightening your legs and swinging the kettlebell in front so your hands are in line with your shoulders.
3. Exhale, and with control come back to the starting position, allowing the kettlebell to swing back between your legs. This counts as one rep.

Start with a 26lb kettlebell. If it's too easy, use a heavier kettlebell, if it's too hard, use a lighter kettlebell.

2-5 sets of 10 swings



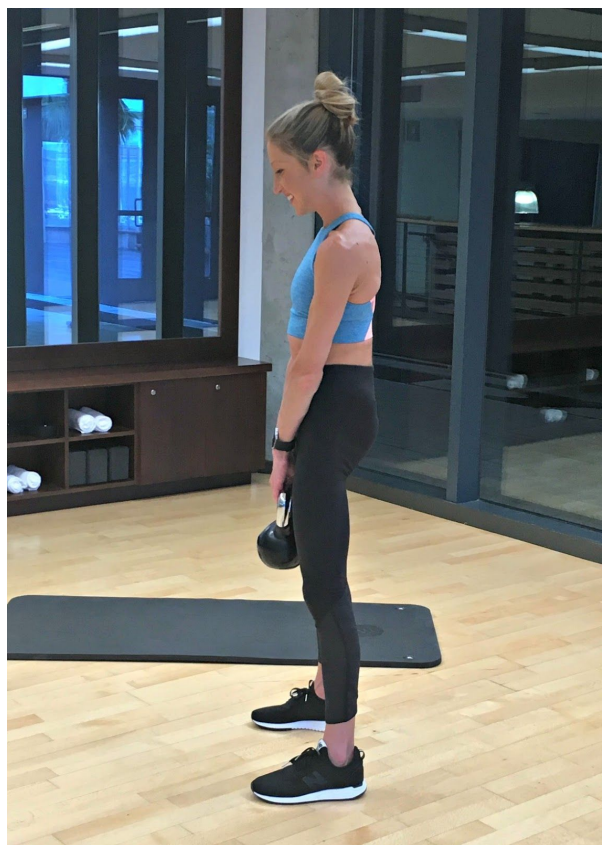


Kettlebell Deadlift

Start with the kettlebell on the floor in front of you. Stand with feet slightly wider than shoulder-width apart, with your toes forward. Squat down and grip the kettlebell. Push through your heels to stand, keeping your chest up and back straight. Squeeze your butt at the top and return all the way back to the ground until the kettlebell lands in between your feet.

3 sets of 6-10 reps





Kettlebell Chest Press

Take a pair of kettlebells and lie on your back. With your arms fully extended, hold the kettlebells directly above your chest with your palms facing each other. Lower the kettlebells slowly to the sides or your chest, tucking your elbows close to your body so they create a 45-degree angle in the bottom position. Pause, then press the kettlebells back to the starting position. Keep your wrists straight with the kettlebells resting on the back of your arms throughout the movement.

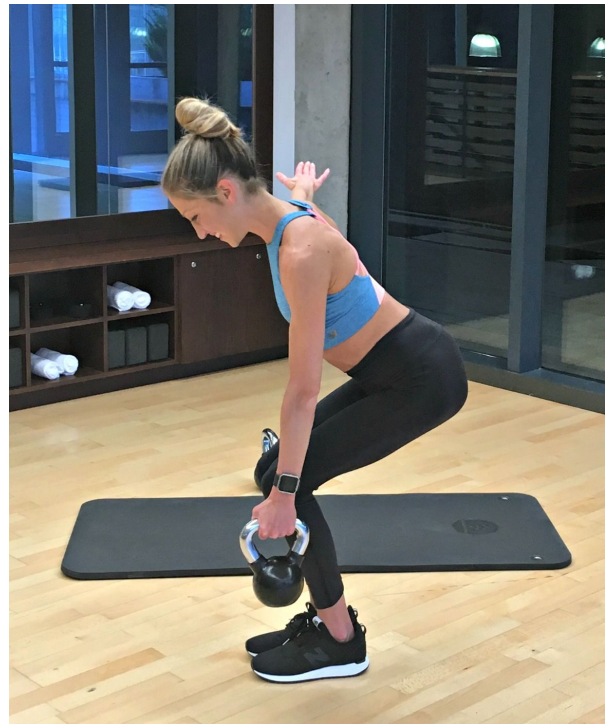
2-3 sets of 8-12 reps



Single arm kettlebell row

Place a kettlebell in front of your feet. Bend your knees slightly and then push your butt back as you bend over to get in the starting position. Grab the kettlebell and pull it to your stomach, retracting your shoulder blade and flexing the elbow. Keep your back straight. Lower and repeat. Do 2-3 sets of 8-12 reps. For a more challenging variation, try doing this exercise from a single leg lunge. It will work your balance and butt strength!

2-3 sets of 8-12 reps





Kettlebell single leg deadlift

Stand on your left leg and hold one kettlebell in your right hand. Hinge at your hips, send your butt back, and bend your left knee as you bring the kettlebell forward. Keep your spine straight and focus on working your butt, hamstrings, and core. Reverse the motion to stand back to the starting position. Do 8-10 reps on one leg and then repeat on the second leg.

2-3 sets of 8-10 reps per leg

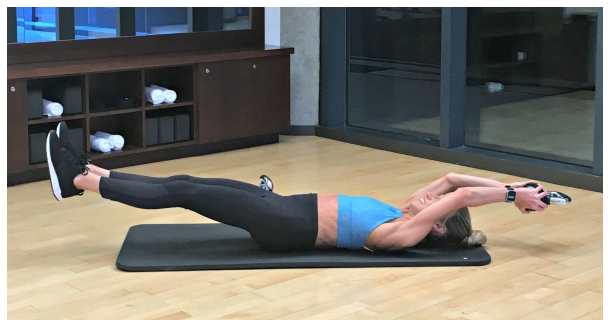


Kettlebell ab leg drop

Lay on your back and hold the kettlebell over your chest with both hands. Extend your legs straight over your hips. Keeping the kettlebell in place, drop one leg down towards the floor engaging your abs. Return to center and switch legs. For more challenge, drop both legs at a time. For less challenge, bend the knees.

2-3 sets of 10-12 reps





Kettlebell russian twist

Sit on your hips with your knees bent and feet on the floor. Hold one kettlebell by its handles with both hands. Twist your torso bringing the kettlebell to one side. Return to center and twist to the other side. Work your obliques!

2-3 sets of 10-12 reps



Cool Down: Quad Stretch against the wall

Chest Opener on the foam roller

Foam roll IT bands, lower back, calves, and quads (feel free to address any additional body parts that need rolling!)