

Core (kettlebell)

Double Kettlebell Windmill



Exercise Description:

Double Kettlebell Windmill

Classification:

Core (kettlebell)

Instructions:

Start Position: Place one arm overhead full extended with a kettlebell. Bend forward at the hips keeping back flat to grab the other kettlebell with the free hand.

While holding one kettlebell overhead continue to raise and lower the other kettlebell.

Continue for the desired repetitions and repeat with the other arm.

Front Squat with 2 Kettlebells



Exercise Description:

Front Squat with 2 Kettlebells

Classification:

Core (kettlebell)

Instructions:

- 1) Grasp kettlebells and hold them at chest level in front of you.
 - 2) Start position: Stand with feet slightly wider than hip width apart. Knees should be slightly bent.
 - 3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to “sit back” so that knees stay over the feet.
 - 4) Once thighs are parallel to floor, return to start position.
- Alternating Press on Balance Board



Exercise Description:

Alternating Press on Balance Board

Classification:

Core (kettlebell)

Instructions:

Stand with feet shoulder width apart and knees slightly bent on a balance board.

Start position: Position DB's or kettlebells to ear level with an overhand grip (palms facing forward).

Press one hand up above head keeping the wrist over the elbow and arms moving parallel to the body at all times.

Return to start position and repeat with other arm.

Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

Between the Legs Pass



Exercise Description:

Between the Legs Pass

Classification:

Core (kettlebell)

Instructions:

Stand with your feet wider than shoulder width. Grab one kettleball with your left hand and bring it around the front of your left leg towards the back of the leg.

Reach between your legs with your right arm and switch the kettleball to your right hand.

Repeat this circular motion for the prescribed repetitions.

Repeat with other arm.

Turkish Get Up (lunge style)



Exercise Description:

Turkish Get Up (lunge style)

Classification:

Core (kettlebell)

Instructions:

Lie supine on your back holding on to a kettlebell perpendicular to your body.

Proceed to get up by sitting up to a seated position and bring one leg underneath you.

Stand up in a lunge style to an upright position.

Turkish Get Up (squat style)



Exercise Description:

Turkish Get Up (squat style)

Classification:

Core (kettlebell)

Instructions:

Lie supine on your back holding on to a kettlebell perpendicular to your body.

Proceed to get up by sitting up to a seated position and bring both legs underneath you.

Stand up in a squat style to an upright position.

Windmill



Exercise Description:

Windmill

Classification:

Core (kettlebell)

Instructions:

Start Position: Place one arm overhead full extended with a kettlebell. Bend forward at the hips keeping back flat to touch the floor with the free hand.

While holding one kettlebell overhead continue to raise and lower your body.

Continue for the desired repetitions and repeat with the other arm.

One Arm Kettlebell Clean

**Exercise Description:**

One Arm Kettlebell Clean

Classification:

Core (kettlebell)

Instructions:

Keep torso straight but bent forward at the hips slightly.

Explosively raise the kettlebell by extending the hips, knee and ankle in a "jumping action".

Keep your elbows out and shoulders directly above the kettlebell as long as possible.

Keep the kettlebell close to the body.

Once you have extended the lower leg shrug your shoulders and at maximum elevation of the shoulders start pulling with the arms.

Keep the elbows high during the pull until the highest point.

Rotate elbow around and underneath the kettlebell.

Rack your hand across the front of the shoulder.

Slightly flex the hips and knees to absorb the weight.

This should be a fluid motion where all the steps flow together.

One Arm Kettlebell Row

**Exercise Description:**

One Arm Kettlebell Row

Classification:

Core (kettlebell)

Instructions:

1) Stand with feet hip width and knees slightly bent.

2) Start position: Bend at hips with back straight and knees bent. Take one hand and place on stationary object that is approximately waist height to support upper body. Hold kettlebell in other hand with a neutral grip and let arm hang straight down (perpendicular to floor).

- 3) Keeping elbows close to body, pull kettleball up to body and squeeze shoulder blades together at top of movement.
- 4) Return to start position.
- 5) Remember to keep back and head straight - hyperextension, flexion, or trunk rotation may cause injury.

One Arm Split Jerk



Exercise Description:

One Arm Split Jerk

Classification:

Core (kettlebell)

Instructions:

Stand with feet shoulder width apart and knees slightly bent.

Start position: Position kettleball to ear level with an overhand grip (palms facing forward).

Go into a quick $\frac{1}{4}$ squat. Immediately extend legs and stand up and at the same time press hands up above head keeping wrists over the elbow and arm moving parallel to body at all times.

Lock kettleball overhead and shift into a split stance. Absorb the weight by bending your knees and hips and then stand up to a parallel stance.

This is an explosive exercise and the legs are used to be able to lift more weight overhead

One Arm Split Snatch



Exercise Description:

One Arm Split Snatch

Classification:

Core (kettlebell)

Instructions:

Keep torso straight but bent forward at the hips slightly.

Explosively raise the kettleball by extending the hips, knee and ankle in a "jumping action".

Keep your elbow pointed out and arm straight.

At maximum height slightly flex the hips then the knees.

Rotate elbows around and under the kettleball. During this movement shift your legs into a split stance position

At maximum bar height, fully extend the elbows and lock the kettleball overhead.
Catch the kettleball by flexing at the knees and hips to absorb the weight and stand to a parallel stance.

One Arm Stomp



Exercise Description:

One Arm Stomp

Classification:

Core (kettlebell)

Instructions:

Stand with feet shoulder width apart and knees slightly bent.

Start position: Position kettleball to ear level with an overhand grip (palms facing forward).

Go into a quick $\frac{1}{4}$ squat. Immediately extend legs and stand up and at the same time press hand up above head keeping wrist over the elbow and arm moving parallel to body at all times.

Extend legs explosively enough to leave the ground and land with a wide stance.

Return to start position.

This is an explosive exercise and the legs are used to be able to lift more weight overhead

Kettlebell Swing



Exercise Description:

Kettlebell Swing

Classification:

Core (kettlebell)

Instructions:

Starting Position: Hold one kettlebell between your legs and your body is in a bentover stance with your back flat.

Swing the kettlebell backwards and then forcefully swing the kettlebell forward to a chest level.

Keep your arm straight and forcefully extend your hips, knees, and ankles.

Open Palm Clean

**Exercise Description:**

Open Palm Clean

Classification:

Core (kettlebell)

Instructions:

Starting Position: Hold one kettlebell between your legs and your body is in a bentover stance with your back flat.

Swing the kettleball backwards and then forcefully swing the kettleball forward to a chest level.

Keep your arm straight and forcefully extend your hips, knees, and ankles.

Release the kettleball at chest level and catch it with an open palm.

Return to starting position and repeat.

Overhead Squat

**Exercise Description:**

Overhead Squat

Classification:

Core (kettlebell)

Instructions:

Grasp kettleball and hold it over your head.

Start position: Stand with feet slightly wider than hip width apart. Knees should be slightly bent.

Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to “sit back” so that knees stay over the feet.

Once thighs are parallel to floor, return to start position.

Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes.

Two Arm Open Palm Clean



Exercise Description:

Two Arm Open Palm Clean

Classification:

Core (kettlebell)

Instructions:

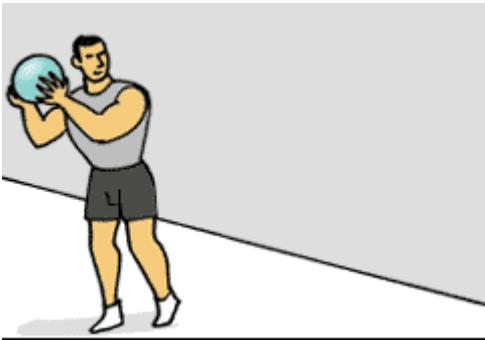
Starting Position: Hold one kettleball between your legs and your body is in a bentover stance with your back flat.

Swing the kettleball backwards and then forcefully swing the kettleball forward to a chest level. Keep your arm straight and forcefully extend your hips, knees, and ankles.

Release the kettleball at chest level and catch it with both hands using your open palm.

Return to starting position and repeat.

Puts



Exercise Description:

Puts

Classification:

Core (kettlebell)

Instructions:

1. Stand with feet hip-width apart; place left foot approximately one foot in front of right foot.
2. Hold medicine ball with both hands and arms only slightly bent.
3. Swing ball over to the right shoulder and forcefully push (putt) ball forward to a partner or wall. Keep the stomach drawn in to maximize proper usage of muscle.
4. Catch ball on the bounce from your partner and repeat according to prescribed repetitions.

Russian Jerk



Exercise Description:

Russian Jerk

Classification:

Core (kettlebell)

Instructions:

Stand with feet shoulder width apart and knees slightly bent.

Start position: Position kettleball to ear level with an overhand grip (palms facing forward).

Go into a quick $\frac{1}{4}$ squat. Immediately press hands up above head keeping wrists over the elbow and arm moving parallel to body at all times. Extend legs and stand up and at the same time Lock kettleballs overhead.

This is an explosive exercise and the legs are used to be able to lift more weight overhead

See Saw Press



Exercise Description:

See Saw Press

Classification:

Core (kettlebell)

Instructions:

Stand with feet shoulder width apart and knees slightly bent.

Start position: Position DB's or kettleballs to ear level with an overhand grip (palms facing forward).

Press one hand up above head keeping the wrist over the elbow and arms moving parallel to the body at all times.

Return to start position and repeat with other arm.

Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

Two Arm Kettlebell Jerk



Exercise Description:

Two Arm Kettlebell Jerk

Classification:

Core (kettlebell)

Instructions:

Stand with feet shoulder width apart and knees slightly bent.

Start position: Position kettleball to ear level with an overhand grip (palms facing forward).

Go into a quick $\frac{1}{4}$ squat. Immediately press hands up above head keeping wrists over the elbow and arm moving parallel to body at all times. Extend legs and stand up and at the same time Lock kettleballs overhead.

This is an explosive exercise and the legs are used to be able to lift more weight overhead

Straight arm trunk rotation with kettleballs



Exercise Description:

Straight arm trunk rotation with kettleballs

Classification:

Core (kettlebell)

Instructions:

1. Start by sitting on a stability ball and holding two kettleballs out to the side.
2. Holding the kettleballs in this position rotate your trunk so that you turn about 90 degrees.
3. Return to the starting position and repeat to the other side. Keep your body upright and abs stay tight.

Supine trunk twists with kettleball



Exercise Description:

Supine trunk twists with kettleball

Classification:

Core (kettlebell)

Instructions:

1. Lie on your back on a ball so that the ball is under your upper back.
 2. Hold a kettleball up above your chest keeping your arms straight.
 3. Holding this position rotate your shoulders and arms to the side so that your shoulders are 90 degrees to your hips.
 4. Return to the starting position and repeat to the other side. Try to keep your hips facing the ceiling during the entire movement. Do not rotate your hips.
- Supine Trunk Rotation with partner



Exercise Description:

Supine Trunk Rotation with partner

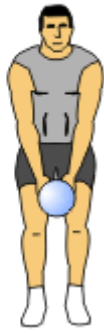
Classification:

Core (kettlebell)

Instructions:

1. Lie supine on your back with the ball under your upper back.
2. Hold a medicine ball with your arms extended above your chest.
3. Have a partner push on your extended arms and rotate your shoulders keeping your arms straight. Return to the starting position and repeat.
4. Repeat with the other side.

Golf Swing with kettleball



Exercise Description:

Golf Swing with kettleball

Classification:

Core (kettlebell)

Instructions:

1. Hold a kettleball in your hands in the golf address position.
2. Swing forward reproducing your golf swing through the follow through.
3. Return to the starting position and repeat.

Supine Shoulder Shift with kettlebells



Exercise Description:

Supine Shoulder Shift with kettlebells

Classification:

Core (kettlebell)

Instructions:

1. Lie on your back with a ball under your upper back and hold a kettlebell in each hand with your arms outstretched.
2. Rotate your body so the exercise ball shifts towards one shoulder and then shift back to the other shoulder.
3. Maintain good core control and balance throughout the movement.
4. Repeat for the prescribed repetitions.

