

Kettlebell Workshop July 2016

Introduction to Kettlebells

While considered by many as a modern training phenomenon “Kettlebells” are, in fact, steeped in history and are long established training tools. The Kettlebell is used by many including athletes, sports teams, mixed martial artists, strength athletes, power lifters, military forces including special forces, celebrities, personal trainers and everyday gym goers.

Kettlebell exercises or “lifts” are very effective for various physical fitness goals including developing strength, power, muscle endurance, flexibility, motor skills, a favourable body composition and so much more. Great for a whole spectrum of clients Kettlebells provide a training system that is highly adaptable, cheap, easy to learn, fun and quite unique. Many Kettlebell techniques can carry over into other training mediums although for many once they have used them and achieved positive results, they become Kettlebell devotees (for some a whole lifestyle revolves around Kettlebells). As well as being able to perform similar lifts as performed with barbells and dumbbells there are many more Kettlebell lifts that can be used to get great results.

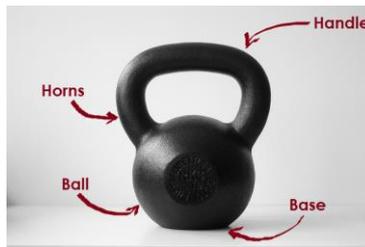
What is a Kettlebell

A Kettlebell is a traditional Russian cast iron weight that looks like a cannon ball with a handle; essentially a Russian dumbbell.

“Known as a Giryá, the Kettlebell is a cannonball with a flat bottom and a handle moulded to it. Through history, it became synonymous with strength, so much so that the Russian term for strongman is Girevik or “Kettlebell lifter.” Kettlebell lifting in Russia and the former Eastern Block is an international sport with local, national and world championships.” (Jones, 2005)

Kettlebell parts:

- the handle
- the horns
- the bell



The workshop will include:

- The history of Kettlebells
- Benefits of Kettlebell Training
- Warm Up Drills to get you ready for the main session
- Teaching the safe way to do the complete the classic KB exercises/lifts
 - Kettlebell Front Squat
 - Kettlebell Swing
 - Kettlebell Clean
 - Kettlebell One-Arm Shoulder Press
 - Kettlebell One-Arm High Pull (pre-requisite to the Snatch)
 - Kettlebell One-Arm Snatch
- At the end of the workshop we will warm down and then have a Q&A session.