

February, 2016

of the Exercise Month

Kettle Bell Swing

Purpose: To provide strength, cardiovascular, & functional training in one movement

Target Muscles: Glutes, Hamstrings, Core

Assisting Muscles: Shoulders, Forearms, Core Stabilizers

Equipment Needed: Kettlebell

Start: Place the kettlebell on the ground approximately six inches in front of the feet. Legs are shoulder-width apart, with feet firmly planted, knees slightly bent and hips hinged back. With the chest open and shoulders back, grasp the handle of the kettlebell with both hands.

The Swing: Hike the kettlebell toward the rear of the room between the legs, then forcefully open the hips to swing the kettlebell forward. Maintain an engaged core and neutral spine throughout the movement.

Allow the arms to swing up to eye level as a natural extension of the torso. Remember, the shoulders are not the target muscle for this exercise and should not be completing the work.

The Return: Maintain a light grip on the kettlebell, and allow gravity to assist in returning the body to the start position.

Think of a pendulum, the swing is a back-and-forth motion rather than an up-and-down. After performing the desired number of repetitions, slowly let the energy dissipate at the bottom of the swing and set the kettlebell down with care.

Repeat: Start with 10 unbroken repetitions, resting for 30 seconds between sets; complete 5 sets. The interval possibilities with the swing are endless!



Modification

Kettle Bell Deadlift: Practice picking the kettle bell up and putting it back down with proper posture. Move from the hips, while keeping the shoulders and core engaged.