



## THE KETTLEBELL LADY KETTLEBELL DEADLIFT/SWING BASICS

### *Movement Efficiency*

The most popular kettlebell exercise found in trend-setting fitness magazines is the Swing, but is the kettlebell swing so simple? The swing is often promoted by many instructors as being the best for core, hamstrings, quads, calves, abs and breathing training; but, if performed correctly this foundation exercise will not deliver, and might lead to low back, shoulder and hip injury. There is something even more fundamental and that is the deadlift. The deadlift is the foundation for performing a safe and effective kettlebell swing.

If you are interested in anti aging, staying relatively pain free, strong and well conditioned body as you age for whatever your sport or activity may I suggest learning and doing the following BEFORE jumping into a butt kicking kettlebell swing workout.

### **The Deadlift First for a Reason:**

The kettlebell deadlift, NOT THE SWING, is the starting point of a successful kettlebell foundation. It along with learning to breathe correctly to "own" the movement, mobility, stability and flexibility training that are built into making a more structurally efficient deadlift is the starting point. If your deadlift is wrong, everything else will be affected or worse. Getting this dialed in first will pay off down the road when you are doing sets of kettlebell swings.

### **What will be covered:**

1. Understanding the "Hip Hinge" movement. The Hinge allows you to move from your hips first and your knees and quads move as an after thought.
2. Learn how to keep the pelvis and spine "neutral" not rounding your thoracic spine and lower lumbar spine leading to injury and accelerating aging.
3. Learn how to pull the kettlebell when doing the deadlift "safely" loading the hips when lifting something removes the stress from the back, knees and shoulders.
4. Learn how to breathe behind the "shield" to protect your back, core tight getting your abs and back tight as if you are getting ready for a "punch". Linking in this way creates more STRENGTH for every move.
5. Tips on a more effective deadlift and then the kettlebell swing.
6. The Kettlebell Swing is the "mother of all the kettlebell drills" and is the second foundation of which all lifts are based.
7. Learn to explosively "drive" from the hips known as ballistics and often kettlebell exercises.
8. The hip mechanics of the deadlift and the swing are identical, but the intention is different.
9. The swing is the most important tool to create a strong and healthy back and powerful hips; which is the basics of all athletic movement.
10. Programming the swing will melt fat off your body and you will move more effectively with daily activities.

There will be a question and answer period after the end of each session (one to two months). When the course is completed, I will administer a "skills" test for proficiency of each move. Upon passing you will receive a certificate that you have "mastered" the basic skills. You will be given the same test that I was given in order to obtain part of my Kettlebell Instructor Certification. This workshop is geared so you can pace yourself over a two or three month period of time.

*Move Well, Breathe Well, Eat Well and Breathe Efficiently.*



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Train Movement Patterns - Restore Balance, Timing & Power for achievement Step by Step

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