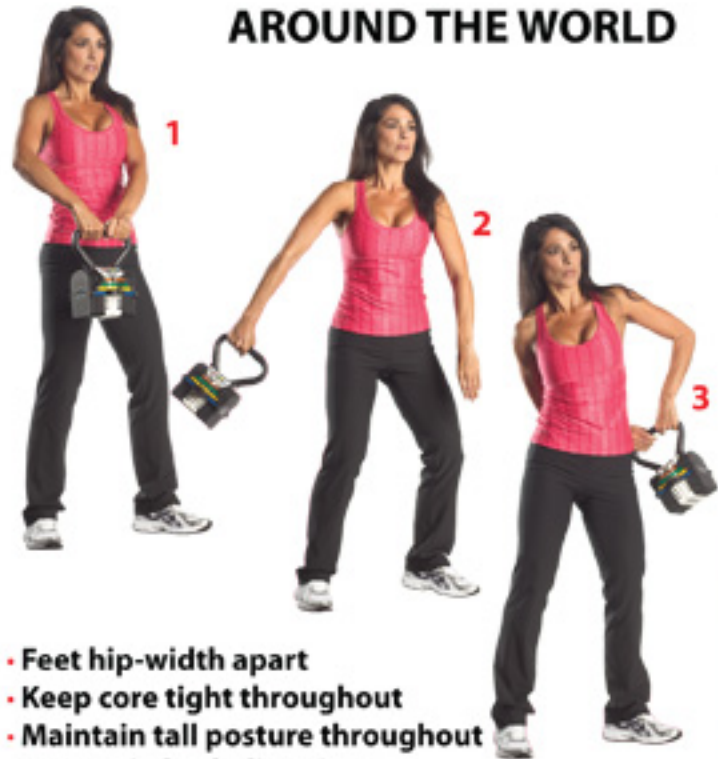


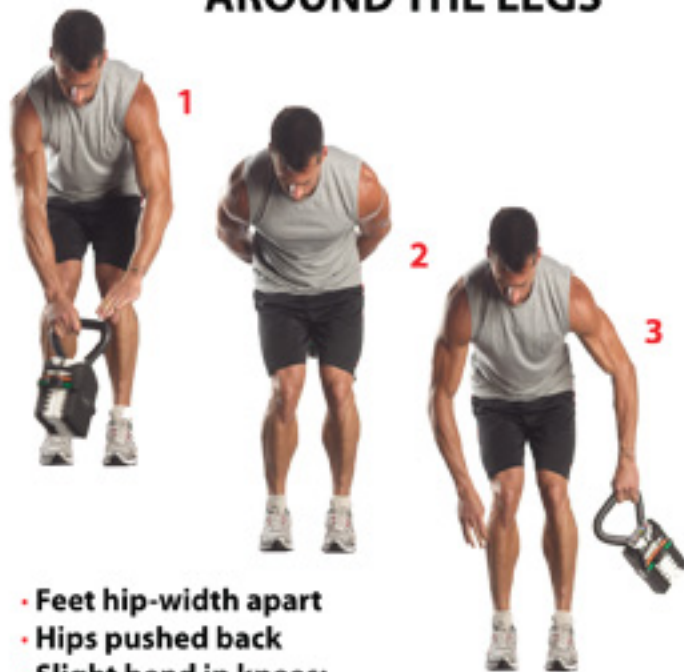
KETTLEBELL EXERCISES

AROUND THE WORLD



- Feet hip-width apart
- Keep core tight throughout
- Maintain tall posture throughout
- Do sets in both directions

AROUND THE LEGS



- Feet hip-width apart
- Hips pushed back
- Slight bend in knees;
- knees over shoelaces
- Do sets in both directions

FIGURE 8



- Feet wider than shoulder
- width; knees over shoelaces
- Hips pushed back
- Follow natural figure-8 pattern
- Do sets in both directions

1 HAND SWING



- Feet hip-width apart, chest slightly forward, shoulders pulled back
- Explode with legs, thrusting hips forward
- Use legs to power swing
- Keep core tight throughout
- Mirror kettlebell movement with free hand

2 HAND SWING



- Feet hip-width apart, chest slightly forward, shoulders pulled back
- Explode with legs, thrusting hips forward
- Use legs to power swing
- Keep core tight throughout

ALTERNATING SWING



- Feet hip-width apart, chest slightly forward, shoulders pulled back
- Explode with legs, thrusting hips forward
- Use legs to power swing
- Keep core tight throughout
- Alternate arms each swing

SNATCH



- Start in one-hand swing position
- Hips pushed back to start; power through the movement
- Drive kettlebell overhead with one movement
- Kettlebell will rotate over wrist at top

SUMO SQUAT & UPRIGHT ROW



- Start in two-hand swing position
- Wide step to right into sumo squat
- Drag left foot inward as upright row is completed
- Step to left with next rep, alternate thereafter

SNATCH & SQUAT



- Complete a snatch
- Keep shoulder and arm tight, kettlebell overhead
- Lower body into squat position with eyes on kettlebell
- Complete squat into standing position

Caution:

Always consult with your physician before starting any new exercise program. Read and understand manual before using PowerBlock products. Improper use of any exercise equipment could cause severe bodily injury to you or others around equipment. There is a risk assumed by individuals who use this type of equipment. To minimize risk please follow these rules: 1. Inspect equipment daily for loose or worn parts (including nuts, bolts and all cables). 2. Be alerted to possibility of injury. Do not be careless. 3. Minors and children should not be allowed to play on or around this equipment. 4. If you have any questions on proper use of equipment, do not hesitate to call your local PowerBlock Distributor or: 800-446-5215 PowerBlock, Inc and its distributors assume no liability or responsibility for accidents or injury to person or property that may result from the use of this product or any exercises shown.

Do not drop kettlebell; a dropped kettlebell will damage kettlebell and/or floor, and could injure you or others around you.

KETTLEBELL SAFETY

- Choose the appropriate weight for your experience level
- Find an open area free of clutter and with room to move
- Ensure those around you stand clear of your range of motion

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Since 1993

BENEFITS OF KETTLEBELL TRAINING

- Uses ballistic (functional) movement
- Builds total body strength & flexibility
- Encourages fat loss
- Is a portable, easy to use fitness tool

See over 100 kettlebell and dumbbell exercises online at www.powerblock.com

KETTLEBELL EXERCISES

TACTICAL LUNGE



- Knee over shoelaces, chest lifted
- Do even number on both sides
- Pass kettlebell under forward leg with each step
- May be done in place or walking

LUNGE



- Hold kettlebell with both hands at arms length with feet together
- Step forward, lowering your rear knee to stop 3-4 inches from floor
- Return to starting position by pushing your body up with forward leg
- Repeat exercise with opposite leg in a slow and controlled manner

CLEAN



- Start in one-hand swing position with feet hip-width apart, chest slightly forward
- Drive kettlebell up with hips/legs
- Rotate kettlebell over hand into catch position, elbow into body

HIGH PULL



- Start in one-hand swing position
- Hips pushed back to start; power through the movement
- Drive kettlebell up to shoulder height and pull towards body
- Alternate arms

TWO-ARM UPRIGHT ROW



- Start with kettlebells at arms length near thighs
- Raise kettlebells to shoulder height, pause
- Slowly lower them to starting position in a slow and controlled manner
- Can do alternating each arm for variation

CLEAN & PRESS



- Complete a clean
- Keep core tight throughout
- Drive kettlebell straight overhead

TWO-ARM ROW



- Begin in crouched position, take a wide stance, butt out and keeping back straight
- Kettlebells at arms length
- Raise kettlebells to waist, pause
- Slowly lower kettlebells to starting position in slow and controlled manner

FRONT SQUAT



- Start by holding kettlebell in front by horns
- Sit back with hips as you squat down, keep weight on heels
- Explode up while returning to starting position

ALTERNATING BICEP CURL



- Start with kettlebells at arms length near outer hips
- Raise one kettlebell to shoulder height
- Lower kettlebell slowly to starting position while raising opposite kettlebell

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