

BodyBell Method®

Kettlebell Basics

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Why train with Kettlebells?

- The Kettlebell is a versatile training tool that may be used solely or in adjunct to a training regiment.
- The training, as prescribed transcends a multitude of populations.
- Explosive power, mobility, durability, flexibility, strength, cardiovascular endurance and athletic ability are all increased with Kettlebell Training.

Kettlebell Safety

- Check with your Doctor prior to starting your training.
- Always be aware of your surroundings.
- Train barefoot or wear flat, thin soled shoes.
- Don't fight the Kettlebell if a rep goes wrong.
- Practice Safety measures at all times.
- Focus on quality, not quantity.
- Keep moving once your heart rate is high.
- Build up the training load gradually using common sense and listen to your body.
- You may experience some low back & hamstring pain at first.
- Instruction cannot cover all contingencies. There is no substitute for poor judgement. Your mind and body must be engaged at all times during training.

Execution of Kettlebell Movements

- Rooting is essential. Bare feet or low soled shoes only.
- Eccentric & Concentric movements are employed.
- Wrists, Elbows, Shoulders and Knees locked at the end of the movements.
- Proper posture and Scapular Retraction are a must.
- “Breathing Behind the Shield” is essential to maintaining a stable core.
- Swinging movements all generate from the hips.
- Support the weight with your structure.

Warm ups

- Jumping Rope or Half Squats
- Five Staff movements
- Tensioning Exercises
- Breathing Exercises: Crocodile Breaths
- Body Weight Exercises
- Plyometrics (Depending upon your client)

Stretching

- The Egyptian
- The Pink Panther
- Lateral Karate Stretch
- Shoulder Stretches - Various
- Breztle
- 4-way Neck Strength & Stretching
- Hip Stretching

Arm Bars

- Grasp the bell in your hand with a straight wrist.
- Arm, elbow & shoulder locked in position.
- Rotate the hips over to the floor while maintaining the bell in a consistent position. You should rotate your body around the bell in space.
- Bring the body back so the shoulder is on the floor.
- The movement is to be performed slowly, achieving as full of a range of motion as safely possible.
- Keep your eyes on the bell through as much of the movement as possible.

Arm Bar Images



Begin in Fetal Position



Hip Rotated



Shoulder Down



Side Press Position

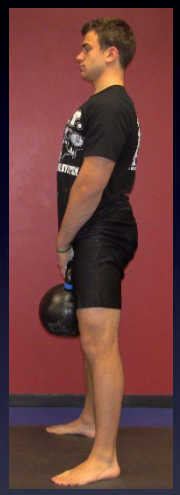
The Dead Lift

- The Two Handed Kettlebell Dead Lift is the precursor to the Swing.
- Place the Kettlebell on the ground behind you & grasp firmly with both hands.
- Engage your hips, buttocks & legs.
- Practice scapular retraction & proper breathing.
- Root with the floor & lift the kettlebell.

Dead Lift Views



Side View Start



Side View Finish



Front View Finish

The Kettlebell Swing

- Utilize the same starting position as you would for the Kettlebell Dead Lift.
- Be sure to root firmly with the ground.
- Focus your eyes on a spot on the floor approximately 15 feet in front of you.
- Retract your knee caps up into your quads.
- Chest parallel with the floor on the downswing & perpendicular at the top of the movement.
- Arms should be loose as ropes.
- Focus on your breathing.

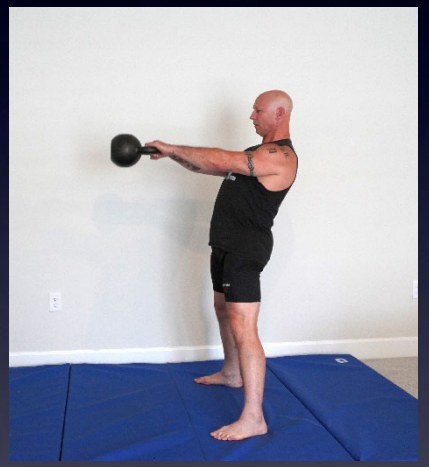
Kettlebell Swing Images



Swing Start



Backswing

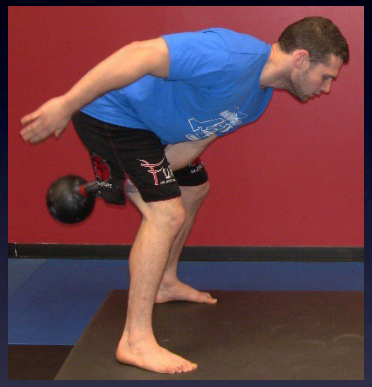


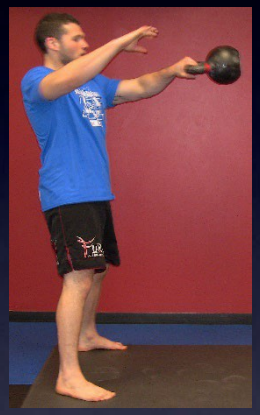
Top of Swing

The Single Arm Swing

- The same basic movement as the Two Hand Swing, except one hand is used.
- More stabilizers are recruited, due to one hand being used.
- Body & Hip position are the same as with the 2 Hand Swing. Be certain to keep the Kettlebell in a straight line.
- Employ the 90 Degree position at the top & bottom of the movement.

Single Arm Swing Images





Side View, Bottom & Top



Front View, Top

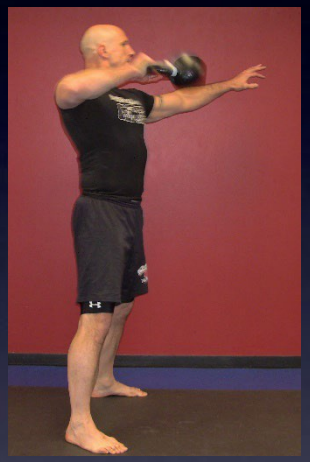
The High Pull

- Great preparatory movement for the Snatch.
- Start with a One Arm Swing motion.
- At chest level, throw the elbow backward.
- Keep the thumb down and the wrist straight.
- Solid backswing motion.
- Breathe on the Hip-Pop.

High Pull Images



Front View Start



Side View Top



Front View Top

The Kettlebell Clean

- Essential Kettlebell Movement.
- Important to the Rack.
- Keep elbow pinned to the body.
- The Clean is used as part of many exercises.
- Do not "curl" the kettlebell into place. Utilize hip movement and leg power.
- Keep wrist straight & avoid "banging" your wrists with the bell. It should "float" into the racked position.

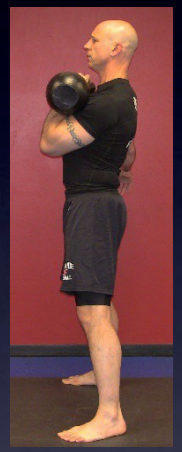
Kettlebell Clean Images





Bottom, Side & Front View





Top or Racked Position

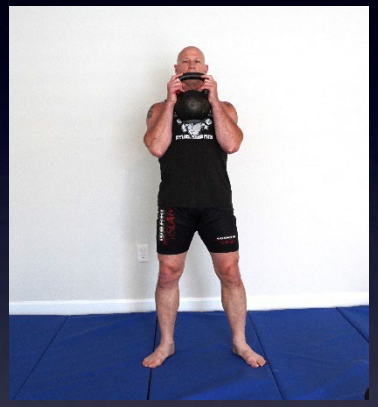
The Goblet Squat

- Grasp the bell firmly by the horns with the bottom facing downward.
- Keep the elbows in.
- Pull yourself down in the full squat position.
- Be certain to “load” your heels.
- Maintain compression in your diaphragm.
- Breath behind the shield & maintain strong core support.

The Goblet Squat Images



Front View Bottom



Front View Top

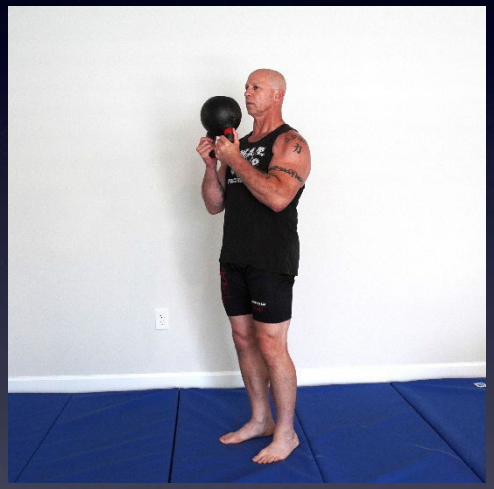
The Bottoms-up Front Squat

- Grasp the bell firmly by the horns with the bottom facing upward.
- Keep the elbows in.
- Pull yourself down in the full squat position.
- Be certain to “load” your heels.
- Maintain compression in your diaphragm.
- Breath behind the shield & maintain strong core support.

The Bottoms-up Front Squat Images



Bottom Position

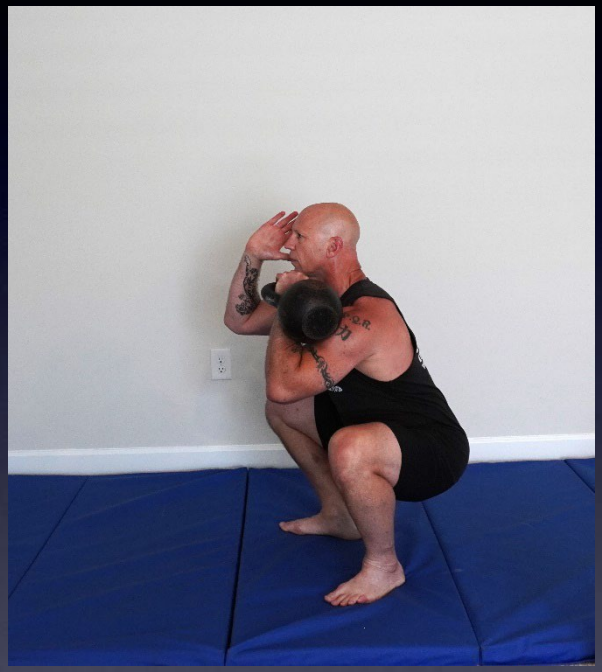


Top Position

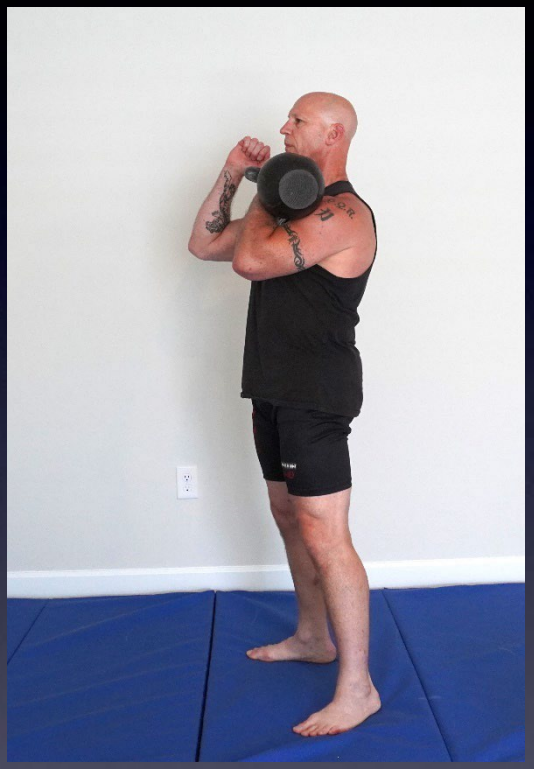
The Single Rack Front Squat

- Clean a single bell into the Rack position.
- Keep the elbow pinned to the body.
- Pull yourself down in the full squat position.
- Be certain to “load” your heels.
- Maintain compression in your diaphragm.
- Breath behind the shield & maintain strong core support.

Single Rack Front Squat Images



Bottom Position

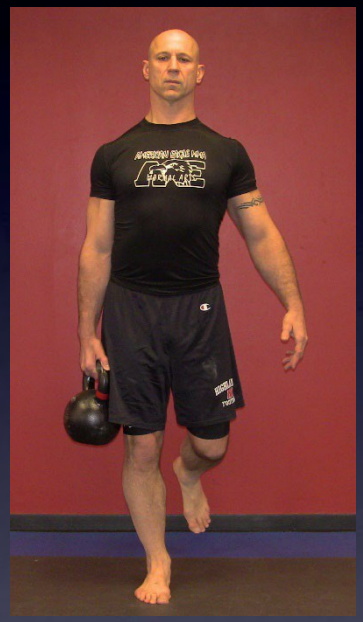


Top Position

Single Leg Dead Lift

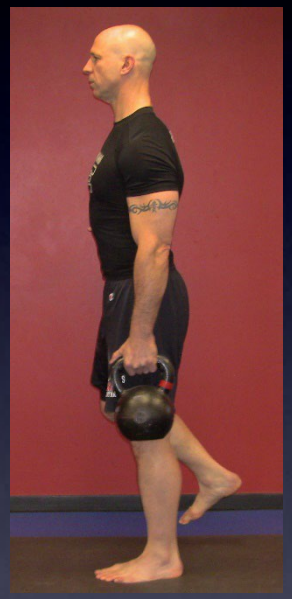
- Grasp the bell firmly by the handle.
- Bend forward from the hips and keep the same side foot on the floor as the hand that has the bell.
- Keep the knee of the foot on the floor "soft" (slightly bent) and lift the other leg backward until your body is parallel to the floor.
  •Raise back up from the hips and stand straight up while practicing scapular retraction.
- Try not to touch the foot of the raised leg to the ground. However, you may do so if you need to keep your balance.

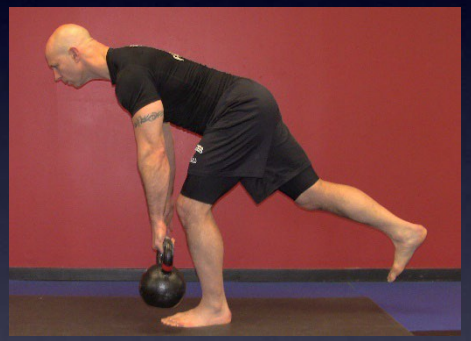
Single Leg Dead Lift Images





Front View, Top & Bottom



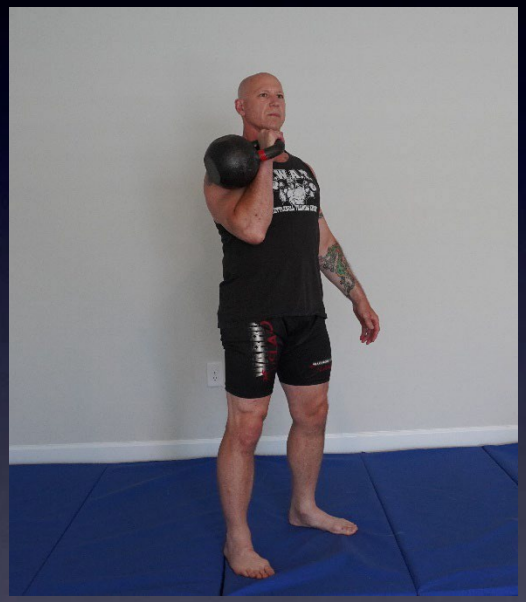


Side View, Top & Bottom

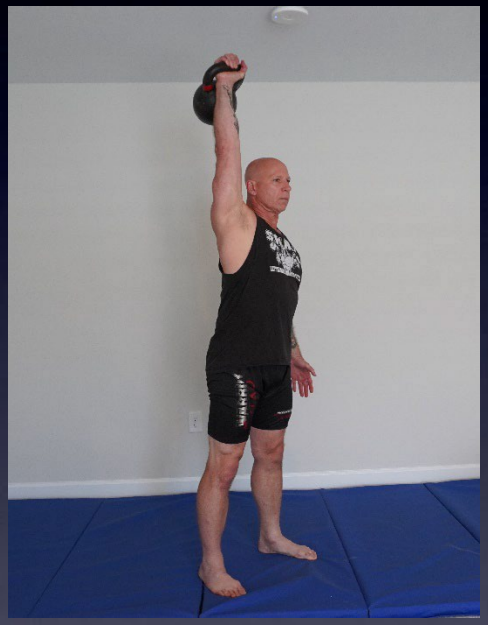
The Kettlebell Press

- Clean the bell into the Rack position.
- Keep the bell against your straight wrist.
- Tighten the abdominals & glutes & root with the floor.
- Short exhale and press the bell upward with a 90 degree (1/4) rotation.
- Maintain the straight wrist, locking out the elbow and lining up the arm slighting behind the ear so that there is a straight line from the wrist (hand) to the heel on the floor.
- Bring the bell back into position as if you were performing a pull up.

The Kettlebell Press Images



Press Rack



Press Top

The Turkish Get-up

- An essential kettlebell movement.
- Be certain to follow the steps directly.
- Always start first time clients with no weight.
- Keep the wrist straight and the shoulder “packed”.
- Take your time with each step.
- Keep your eyes on the bell throughout the whole movement except when you are at the top of the movement. The your eyes are on the horizon.
- Reverse the movements depicted in the images to go back down.

The Turkish Get-up Images



Fetal Position



Prep



Press



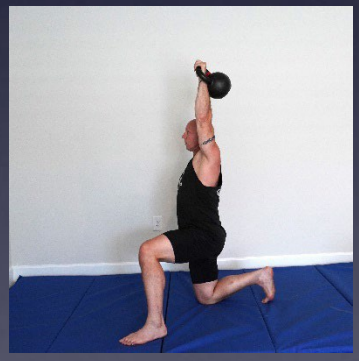
Elbow Post



Tall Sit



Side Press



Tall Kneel



Full Stand

The Kettlebell Snatch

- A Kettlebell Snatch is much safer to perform than an Olympic Style Snatch - without sacrificing the benefits.
- Grasp the bell firmly in your hand,"pop" your hips & hoist the bell above the head.
- Slightly bend the elbow on the way up. This is called "taming the arc". Lock the elbow, wrist & shoulder. Make certain the arm is close to the ear & that there is a straight line from the bell to the heel.
- Do not "corkscrew" the bell. Maintain a straight line throughout the movement.
- Actively swing the bell downward using eccentric force.

The Kettlebell Snatch Images



Snatch, Start



Snatch, Midway

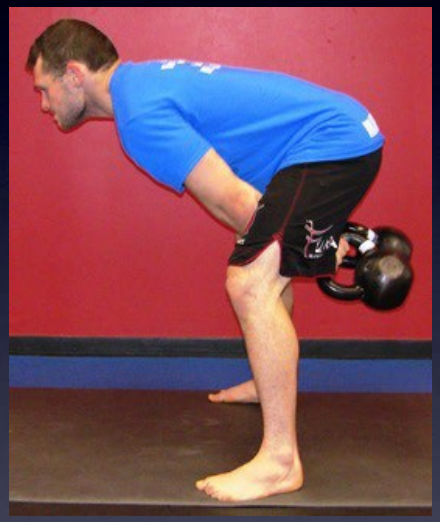


Snatch, Top at Lockout

Dual Kettlebell Swing

- Grasp two kettlebells, one in each hand.
- Be sure to root firmly with the ground.
- Focus your eyes on a spot on the floor approximately 15 feet in front of you.
- Retract your knee caps up into your quads.
- Chest parallel with the floor on the downswing & perpendicular at the top of the movement.
- Arms should be loose as ropes.
- Focus on swinging the bells evenly.

Dual Kettlebell Swing Images



Bottom, Backswing



Top of Movement



Backswing, Front

Dual Kettlebell Front Squat

- Clean a two kettlebells into the Rack position.
- Either interlock your fingers or simply press your knuckles together. Women be conscious of your breast tissue - do not put your hands together.
- Keep both elbows pinned to the body.
- Pull yourself down in the full squat position.
- Be certain to "load" your heels.
- Maintain compression in your diaphragm.
- Breath behind the shield & maintain strong core support.

Dual Kettlebell Front Squat Images





Side &Front View, Bottom



Front View, Top

Dual Kettlebell Clean

- Grasp two Kettlebells, one in each hand and swing both bells up while keeping the elbows pinned to the body.
- Do not "curl" the kettlebell into place. Utilize hip movement and leg power.
- Keep wrist straight & avoid "banging" your wrists with the bell. It should "float" into the racked position.
- Be certain to employ hip "pop" and "lock" to each bell evenly.

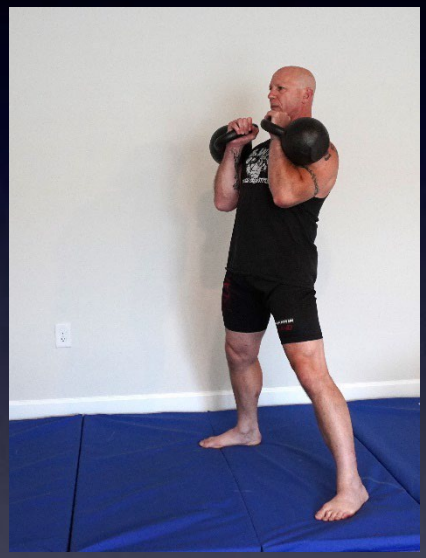
Dual Kettlebell Clean Images



Start Position



Backswing

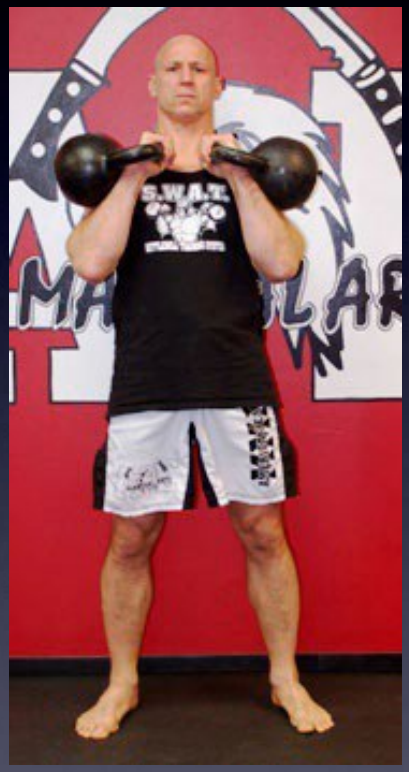


Top Position

Dual Kettlebell Press

- Clean two bells into the Rack position.
- Keep the bells against your straight wrists.
- Tighten the abdominals & glutes & root with the floor.
- Short exhale and press the bells upward with a 90 degree (1/4) rotation.
- Maintain straight wrists, locking out the elbows and lining up the arm slighting behind the ear so that there is a straight line from the wrist (hand) to the heel on the floor.
- Bring both bells back into position as if you were performing a pull up.

Dual Kettlebell Press Images



Start in Rack



Full Press, Top

Review

- Kettlebell Safety
- Proper Kettlebell Etiquette
- Rooting
- Potential Client Issues
- Essentials
- Advanced Training
- Overcoming Objections

BodyBell Method®

Good Luck with Your Training!

www.bodybellmethod.com