

# KETTLEBELL WORKOUT GUIDE

**WARNINGS & GUIDELINES** Carefully read and follow these important warnings and guidelines prior to exercising. These warnings, combined with a common sense approach to a fitness program designed in conjunction with your doctor, should reduce the likelihood of injury and increase your chances of success. Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper use of this product is essential. Please keep all children away from the equipment during use and when equipment is unattended. Always wear appropriate clothing, including athletic shoes when exercising. Do not wear loose clothing that could become caught during exercise. Periodic maintenance is required on all exercise equipment in order to keep it in good condition. Inspect any ball for cuts, tears or abrasions prior to each use. Maintain proper form and perform all exercises in a slow, controlled manner. Elbows, knees and shoulders should be unlocked and relaxed. Injury may result if proper form is not used for each exercise. Consult a certified personal trainer if unsure of how to perform any exercise. You should gradually increase the difficulty of your fitness routine, especially if you were not following a fitness regime prior to using this equipment. If you find that you are unable to complete a set of repetitions without feeling overly fatigued or without maintaining proper form, reduce the difficulty of your regimen.

## DEADLIFT

### LEGS, BUTT

- Stand with feet hip-width apart, knees slightly bent.
- Hold the kettlebell with both hands in front of legs.
- Bend over from hips, shifting hips back, and lower weight toward floor.
- Stop when you feel a stretch in your hamstrings, then slowly rise up to the starting position.
- Keep your back flat and the weight close to your legs as you lower and lift.
- Do 10–15 reps.



## PLIÉ PULSE

### LEGS, INNER THIGHS, BUTT, SHOULDERS

- Stand with feet wide, knees slightly bent, and toes turned out.
- Hold kettlebell with both hands and extend arms overhead.
- Squat into a plié and do 10 small pulses, rising up a few inches and then sinking back into the plié with each pulse.
- Keep your back straight and don't let your butt stick out behind you.
- After the last pulse, straighten legs and rest for 30 seconds.
- Do up to 3 sets.



## CROSSOVER PULL

### LEGS, SHOULDERS, CORE

- Stand with legs shoulder-width apart, toes turned out slightly.
- Hold kettlebell in right hand, left hand on hip.
- Raise kettlebell up over right shoulder, elbow slightly bent.
- Squat and lower kettlebell across body to outside of left knee, maintaining same slight bend in elbow throughout the move.
- Return to starting position, raising arm back up over right shoulder.
- Do all reps on one side, then switch arms and repeat.
- Do 10–15 reps per side.



## RENEGADE ROW

### BACK

- Get in plank position on the floor with hands slightly wider than shoulders and one hand holding kettlebell. (Step feet wide for greater stability or lower onto knees if necessary.)
- Contract abs so body is straight from head to feet.
- Pull kettlebell to the side of your chest, trying to keep your shoulders and hips as square to the floor as possible. Contract your back muscles and hold for 1 second.
- Lower weight to starting position. Do all reps with one arm then switch sides and repeat.
- Do 10–15 reps per side.



## BICEPS CURL

### BICEPS

- Stand with feet shoulder-width apart, knees slightly bent.
- Hold kettlebell in one hand at your side, palm facing forward; place other hand on hip.
- Slowly curl kettlebell toward chest, keeping upper arm stationary.
- Contract biceps for 1 second, then slowly return to starting position.
- Do all reps on one side then switch arms and repeat. Lift opposite foot for a greater challenge.
- Do 10–15 reps per side.



## TRICEPS EXTENSION

### TRICEPS

- Stand with feet hip-width apart (or sit if it's more comfortable), knees soft, and abs tight.
- Hold kettlebell with both hands behind your head, elbows and palms facing up and elbows close to ears.
- Straighten arms overhead, keeping upper arms still.
- Contract muscles along the back of your upper arm for 1 second, then lower weight to starting position.
- Do 10–15 reps.



## LOG CHOP

### LEGS, BACK, CORE

- Stand with feet shoulder-width apart and hold kettlebell with both hands to right side, just above shoulder height and elbows slightly bent.
- Squat slightly and twist at the waist as you lower kettlebell across body to outside of left knee; try to keep arms bent the same amount throughout the move and keep weight evenly distributed on both feet.
- Straighten legs and bring kettlebell back up to starting position.
- Do all reps on one side, then switch sides and repeat.
- Do 10–15 reps per side.



## HELICOPTER

### CORE

- Stand with feet shoulder-width apart and hold kettlebell with both hands overhead.
- Lean upper body to your left, circle arms and upper body around to the back and then over to the right in one full circle.
- Keep hips still throughout the movement: only your upper body should move.
- Do 10–15 circles in each direction.



## OBLIQUE TWIST

### OBLIQUES

- Sit with legs together, knees bent and feet raised several inches.
- Hold sides of kettlebell handle with both hands in front of chest, elbows bent.
- Lean back until your abs engage, keeping chest high and back straight.
- Twist upper body to one side, lowering kettlebell almost all the way to the floor, then twist to the other side to complete rep. Keep hips and legs still.
- Begin with heels on floor if this is too challenging.
- Do 15–20 reps.



## WEIGHTED SIT-UP

### ABS

- Lie faceup with knees bent and feet flat.
- Hold sides of kettlebell handle with both hands close to chest, elbows bent.
- Roll up, lifting back off the floor completely and pressing kettlebell straight up over hips.
- Return to starting position, rolling down one vertebra at a time.
- Do 10–15 reps.



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