

## Kettlebell training

A complete basic guide

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## Kettlebell training

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# The kettlebell

is a big old canon ball with a handle. In this article I will also call the kettlebell, KB.

This is one of the first tools for strength training, with a history of more than 300 years. It originates in Russia and also China has a very similar training tool called "Shi Suo" – Stone Lock.

Traditionally it came in 3 weights multiple of one pood (one, one and a half and two poods) : 16 kgs, 24 kgs, and 32 kgs. Now you can find it in any weight multiple of 2 kgs from 2 kgs to 90 kgs.



The kettlebell is a jack of all trades; pure strength, power, strength endurance, cardiovascular endurance, and even flexibility all these qualities can be trained with a kettlebell. You can shred your fat in no time and build impressive muscles as well with a kettlebell.

The kettlebell belongs to the free weights category of training equipment. What is it special about it, compared with a dumbbell?

Mainly its shape with the **offset center of gravity**. Because of this the kettlebell it is unparalleled for:

1. Ballistic movements like Swing, Snatch and Clean and jerk which develops power and a vice like grip.
2. Grinding movements like Shoulder press, Turkish stand up, Windmill and Bent press for unyielding core strength.
3. High intensity explosive cardio - again with Swing and Snatch

**Unlike bodybuilding, with a KB you do not train muscles, but movements, building a solid foundation of functional strength.**

The kettlebell should be the first tool of choice for superior conditioning for combat fighters (judo, wrestling, sambo, boxing, MMA), rugby players, American football players, tennis players, skiers, firefighters and many other athletes



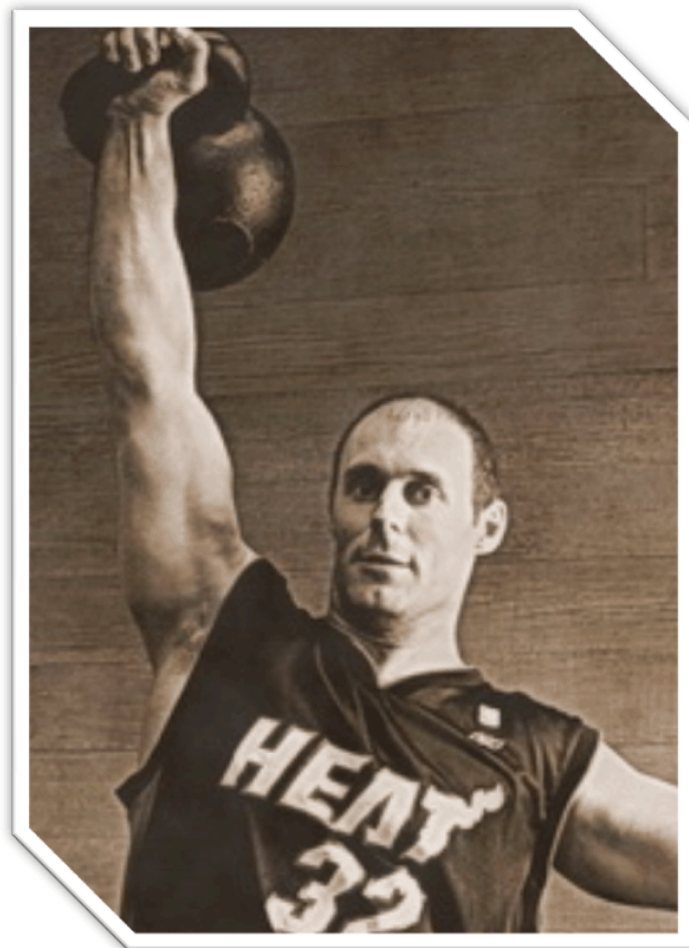
competing in different sports.

The kettlebell is the best home gym you will ever find. You can get a very good training in quite short time.

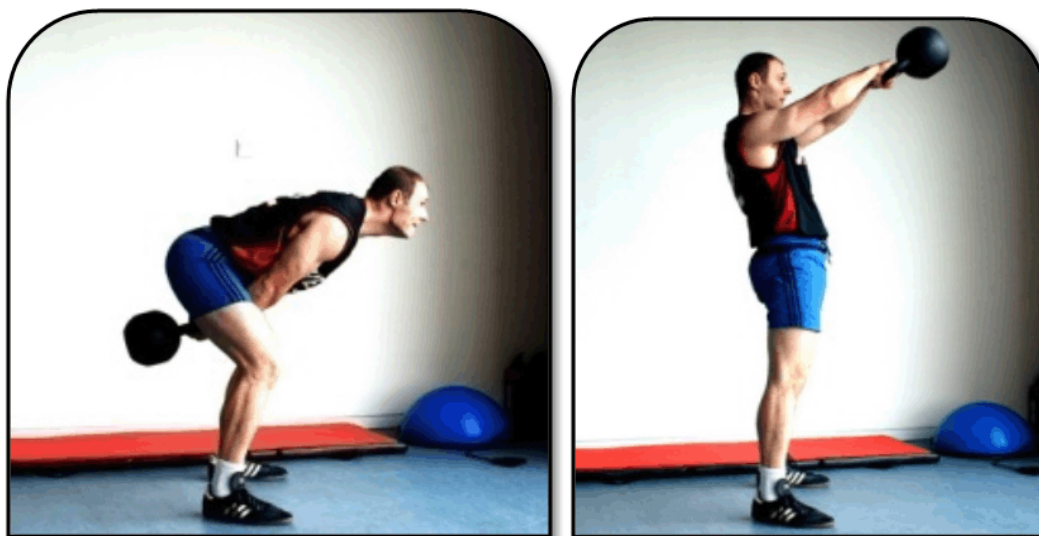
Enough with the talk, let's get to facts:

I will explain most of KB specific moves. Theoretically you can also do them with a dumbbell, but the feel, the balance and the safety are no match compared with KB moves.

Of course with a kettlebell you can also do the traditional exercises you usually do with a dumbbell: flies, curls, extensions, etc. I will skip these drills for now because they are no different than traditional dumbbell training.



## Kettlebell swing



This movement mostly involves your hamstrings, but also the glutes, lower back, spinal erectors, upper back postural muscles and the forearm flexors are involved.

It is excellent to train your hip power thrust for jumping, throwing, running and punching.

It will melt the fat off your body and also give you a back of steel.

You can use this movement as a power and strength move swinging a big KB for sets of 6-15 Reps or as a stamina exercise using a lighter KB for extended sets between 100 and 1000 reps. Of course you can have a little rest in between if you need.

You can do swings with both hands on one bell, with one hand, or with two hands and two bells.

### Correct execution:

1. Squat stance or a little wider
2. Place a KB 15 cm in front of your feet
3. Reach the bell, push your chest up, look forward
4. Start by swinging the bell back between your legs
5. With a forceful hip thrust project the bell in front of your chest
6. You can throw it to chest level, head level or as high as possible (be careful on the top not to tip the bell overhead)



7. Let it fall freely between your legs, while bending at the hips, head up all the time
8. Let the bell load your hamstrings and swing it again...and again...and again

### **Execution tips**

1. Look ahead all the time. If you do not look ahead, your back will round.
2. Your arms and shoulders do not use strength at all; they are like 2 ropes hanging from your shoulders. All the power comes from the hips. When you are using your shoulders to lift the KB, the bell will not be in line with your arms
3. Keep your shoulders relaxed; do not bring them up to your ears
4. Do not break the KB fall. Let it fall back and load your hamstrings like pulling an elastic band
5. Push forcefully with your hips forward and up like for a standing long jump
6. When the bell is high, your knees are straight and hip extended
7. Keep your abs tight
8. Expire on the top as you would be punching
9. Do not grip the bell with strength, just hook it

### **How to do a perfect swing?**

1. First learn to bend at the hips by placing your hands in the hip crease
2. Good, keep your back straight and head up
3. Straight back means a neutral spinal curvature and not an erect back
4. Your knees do not bend too much, just about 150 degrees like when doing Romanian deadlifts
5. You could also perform this movement bending your knees like in a squat, using your quads; it is not wrong, but this is not how this movement should be done
6. Feel your hamstrings stretching
7. Your shins are vertical all the time
8. Practice some jumps high and forward (without the kettlebell) – get the feel for hip thrust
9. Use a towel to swing the KB







Now you are off for a perfect swing

### Frequent mistakes:

1. Going forward with your knees when you squat down
2. Using shoulders strength when swinging the bell up
3. Not extending completely your hips and knees when you go up
4. Leaning back when you go up
5. Looking down when on the bottom of the move; this will cause you a round back
6. Not letting the kettlebell swing down freely by slowing it down
7. Gripping the KB handle with a tight grip
8. Projecting the bell forward too much; you will feel that the bell pulls you forward.

### Mistakes pics





**Mistakes pics**

You can then practice how to change your hands when swinging the KB. Changing hands will help you perform much more swings at once, compared with not changing hands.

On the top of the move, the bell stops before starting to descend; this is when you switch hands from above.

The bell handle is almost never free; your top hand comes on it immediately as the hand which holds the bell leaves the handle. If you exercise outside on grass or on sand feel free to juggle with the kettlebell as you wish. Do not juggle the bell at home or in the gym.





## Kettlebell standing shoulder press



This is one of the best exercises available for training your shoulders and your core strength. Kettlebell standing press it will improve your over head lifting ability.

### Correct execution

1. Take a shoulder width stance
2. Clean the KB to your shoulder in the Rack position (check the Rack from the Clean and Jerk). If you can not do a perfect clean, just take it to your shoulder using both hands.
3. Press the bell above your head until your elbow is straight
4. Bring it down to your shoulder slowly

### Execution tips

1. Do not lean backward when you press
2. If the bell it is very heavy you can bend laterally while twisting your hips
3. Keep your knees straight
4. For optimal leverage take the bell a little on one side and then up; do not take it straight up

### Performance tips

1. You need a rock solid foundation. Legs muscles are contracted.
2. Contract your glutes, as you would pinch a card between your cheeks. Tense your abs as you would brace for a punch. These two muscles will act like a belt for your lower back, stabilizing it.
3. Your torso should be hard, erect and stable.
4. Shift your hips slightly laterally and forward so the kettlebell body is above your center of gravity.
5. Squeeze the handle "to squash the juice out of it".

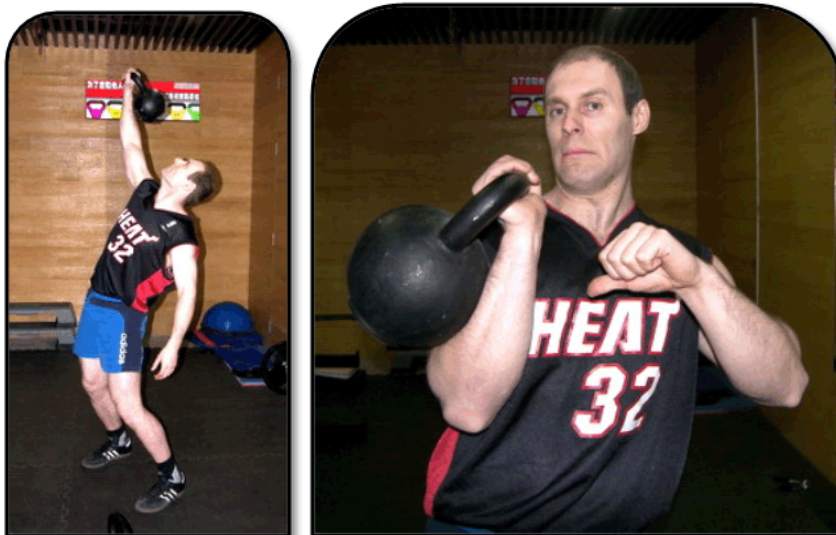


6. Pull the bell down with your lat like when you do pull ups.
7. Keep your breath as you start pushing; when the bell is above your head, breathe out until you reach the top of the move. Inhale sharply as you lower the bell.

### Frequent mistakes

1. You do not maintain a rock solid foundation by contacting your legs, buttock and abs
2. Your wrist is not straight
3. You lean backward too much when pressing
4. Not pressing the KB up using the best path of movement

### Mistakes pics



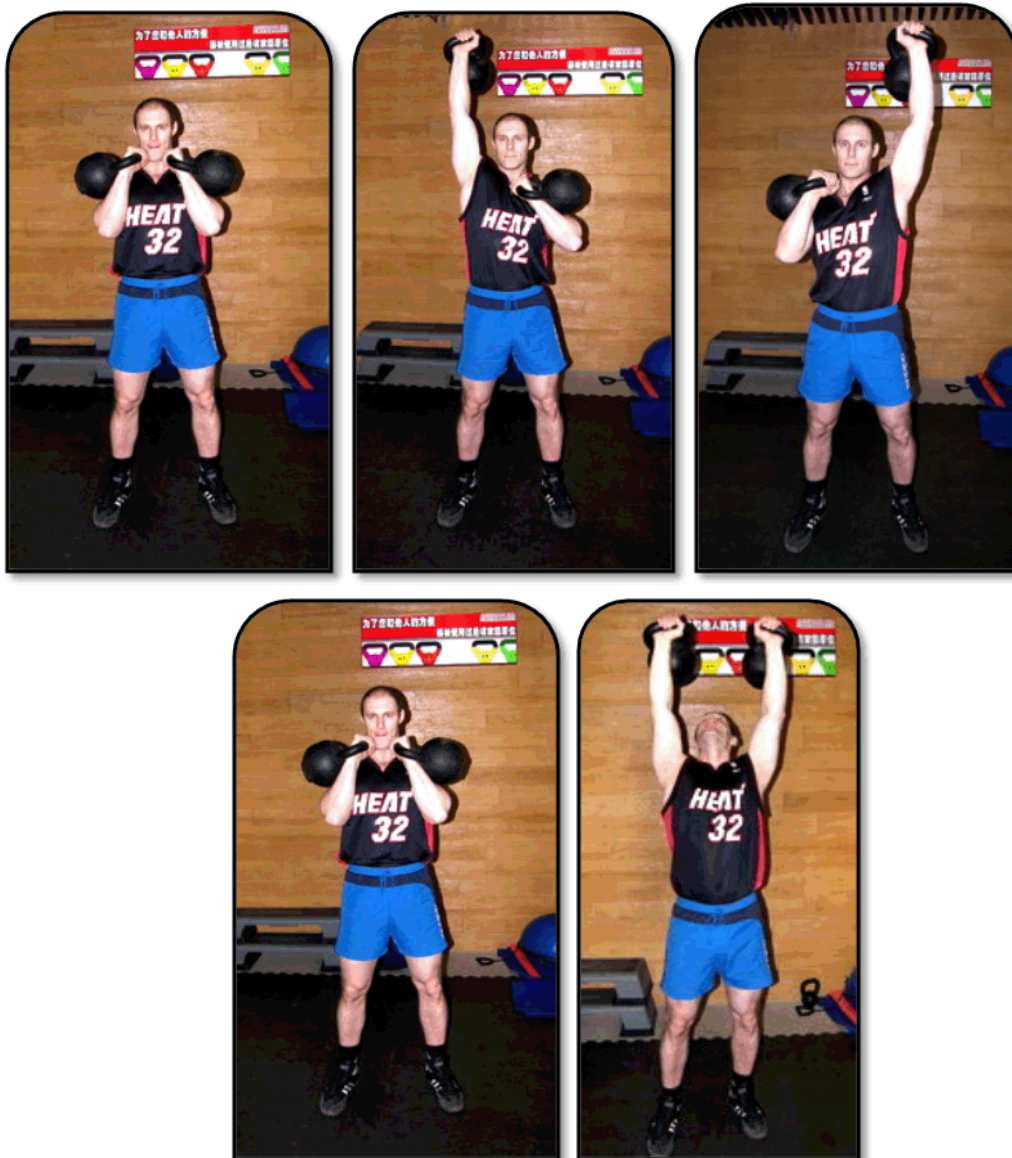
### Mistakes pics

This is a strength movement and it should be usually done in sets of 1-6 Reps.

In the beginning do the press with one bell and one arm.



Later do 2 KB, 2 arms presses. You can do it simultaneously or like a seesaw.



You can also press one bell with two hands bottom up.



To increase the difficulty you can do:

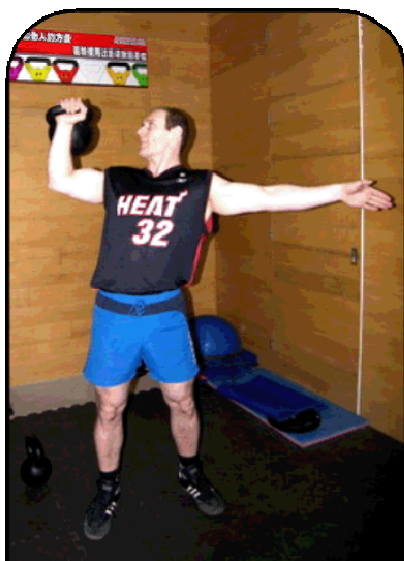
### Yielding press



Choose a heavy bell you can not usually press and lift it with a jerk and bring it down under control.



## Pause press



Stop the movement on your way up and on your way down.

## Palm press



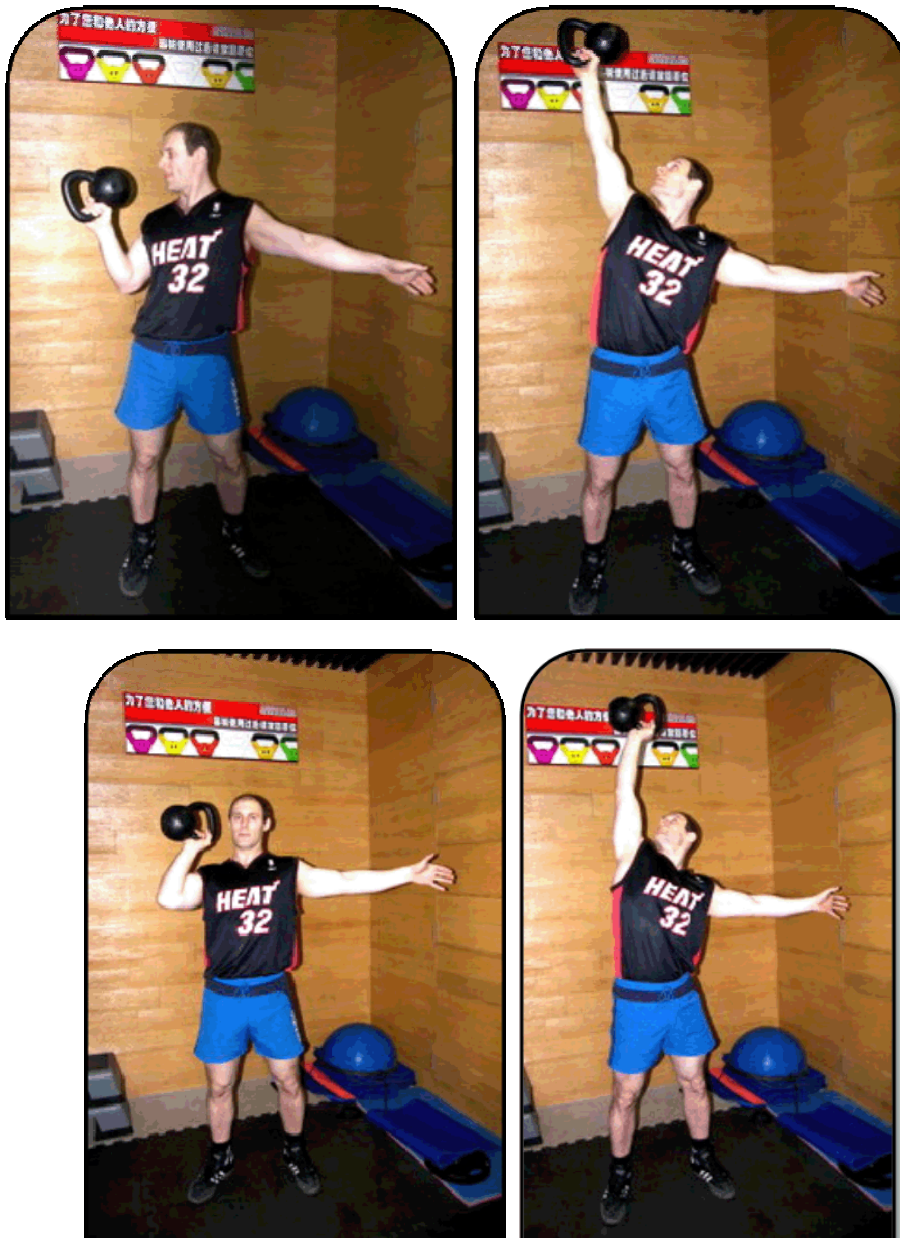
Keep the kettlebell on your palm and press it overhead. Pay very much attention to the KB balance. This drill is good for your palm muscles and improved balance.



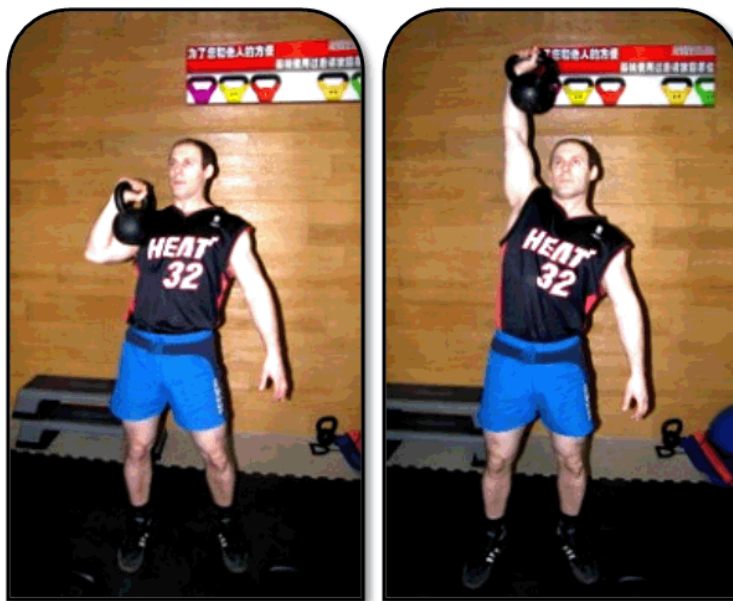


## Strange grip presses

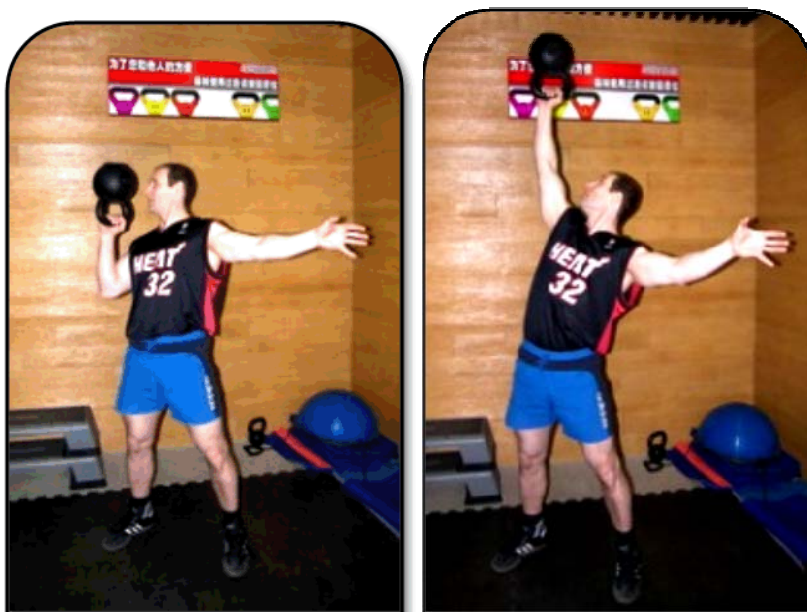
Grip the bell by the side of the handle with its bulk on the thumb side or on the small finger side. Squeeze the handle hard and lift. Then try to hold the kettlebell with its bulk on your little pinky side.



Another unusual grip is with **the body of the kettlebell inside your forearm**. This grip is very challenging for the thumb.



### Bottom up press



Clean a bell bottom up and lift it above the shoulder in a controlled manner. Squeeze the handle as hard as you can. This drill will also strengthen your forearm muscles and it will also improve your shoulder press technique. Take care and be aware that the bell might flip down.



## Kettlebell windmill



A back of steel, T-Rex torso strength with unbreakable shoulders are the normal outcomes of practicing windmills. This exercise involves the hamstrings, glutes, obliques, abs, transversals, quadratus lumborum, spinal erectors, lats and shoulders. It is a functional exercise which will improve your core strength, upper body stability and the shoulder joint structure and strength. Also your balance and coordination will improve.

Fighters, basketball players, rugby players, swimmers, gymnasts, golfers, weight lifters will get specific benefits from the windmill.

### Correct execution

1. Stand with a shoulder width stance
2. When holding the KB in the right hand, turn your right foot 45 degrees to the left and the right one almost 90 degrees to the left
3. Lock the ball vertically above your right shoulder
4. Twist your hips toward left
5. Bent from your hips to the left while maintaining the KB locked vertically
6. Go as down as your flexibility allows you, while maintaining a straight torso
7. Get back to the starting position and repeat



### Execution tips

1. Keep your wrist straight and your elbow locked from the beginning of the set until the end
2. Keep in mind that this move happens around the hip joint and not in the spine
3. Keep your eyes on the bell, especially as you go down
4. Maintain a controlled tempo of the movement
5. Do not bend the back knee; you can bend the forward knee

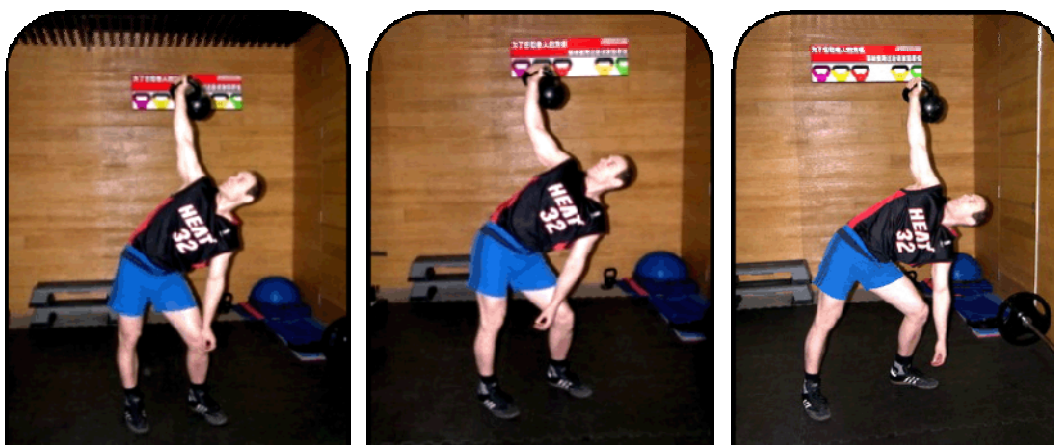
### Performance tips

1. Exhale as you go down, keep your breath when you reverse the direction of the movement and exhale as you reach the top
2. Your back leg is about vertical to the ground and your center of gravity falls between your feet
3. As your torso approaches the parallel position with the ground leave the bell a little behind just above your lower ribs, keeping it above the center of gravity; if you go with the bell above your shoulder, you risk losing it to the side

### Frequent mistakes

1. Not maintaining a straight wrist
2. Your feet are oriented forward
3. You lean on your waist and not with your hips
4. Not maintaining the elbow lock throughout the drill
5. Allowing the kettlebell to go too much on a side when going down
6. Not bringing your arm toward your ear when going up

### Mistakes pics





**Mistakes pics**

The windmill should be done with a heavy weight for 1 – 6 repetitions.

The classic version is the one arm windmill. As an advanced you can do:

**Two KBs windmill** with the second bell down between your legs. You should try this version when the biggest kettlebell is not heavy enough for your strength





## Kettlebell snatch



The snatch goes beyond the swing. Beside the swing's benefits, your upper back scapular muscles receive extra training and the elbows and shoulders get accustomed with shocks and impacts. Your grip supporting strength will also be challenged to its limits. This aspect makes the snatch a great movement for fighters, tennis players, weight lifters and anyone who needs good body posture and superior grip strength and endurance.

The snatch is such a great exercise that you can even dedicate whole sessions just for it. It delivers all the Olympic weightlifting benefits, but it is much easier to master and execute.

### Correct execution

1. Starting with a swing finish by locking the bell above your shoulder
2. Do not lean backward
3. On the top of the move, your knees, hips, shoulder and elbow are all locked

### Execution tips

1. After you swing the bell on the bottom of the move, you start to pull it with your elbow high, closer to your body than when doing the swing
2. Use the strength of your hips, your quads and your calves
3. Maintain a normal spinal curvature at all times
4. After you lock the bell stop the move for half to one second



## Performance tips

1. With heavy KBs control them by keeping them not too far away from your body
2. Use just enough strength to have the bell reach the top of the movement; there is no use to put in too much power to need to hold the bell back before you reach the top
3. Brace your abs and squeeze your glutes on the top of the movement
4. Do not let the bell hit your forearm; punch obliquely up when the bell turns around and meet it halfway. Another variation is to let the bell go around your hand.
5. After you reach the top of the movement, you start to flip the bell down from the top
6. When using a heavy bell you can let it first down to your shoulder and then down between the legs. This way you will avoid too much inertia from the kettlebell which might rip your calluses.
7. When using a very heavy kettlebell you can squat down as you pull the bell up, catching it overhead the same as Olympic barbell snatch.
8. Always keep your head up.

Before starting to practice the snatch, start by doing high pulls. After that practice the kettlebell flip on the top of the move. The high pull can be well used as a drill by itself.

### **There are two kinds of snatches: the swing snatch and the dead snatch.**

When doing the dead snatch you do not swing the kettlebell between your legs. The dead snatch loads more your traps and it is more explosive than the swing snatch.

## Frequent mistakes

1. When bringing the bell up you flip it with a bent elbow and then press it up. When doing the snatch you should lock your elbow as you flip the bell.
2. Not looking forward.
3. The bell pounds your forearm after the flip.
4. You handle a heavy ball at arm length. A heavy bell should be tamed closer to your body.
5. When you bring the bell down, you do not flip it from the top and flip it at once at waist level. This way you may easily damage your palms' skin.



### Mistakes pics



### Mistakes pics

You can perform the snatch for explosive strength using heavy weights for 1-6 reps or for explosive stamina.

As an advanced exercise you can try KB double snatch simultaneously with both hands.

For stamina begin with 3-5 sets of 20 reps, then go up to sets of 50, 100, 200, 300 reps.

If you train for events with rounds of 5 minutes, you can make it even more specific:

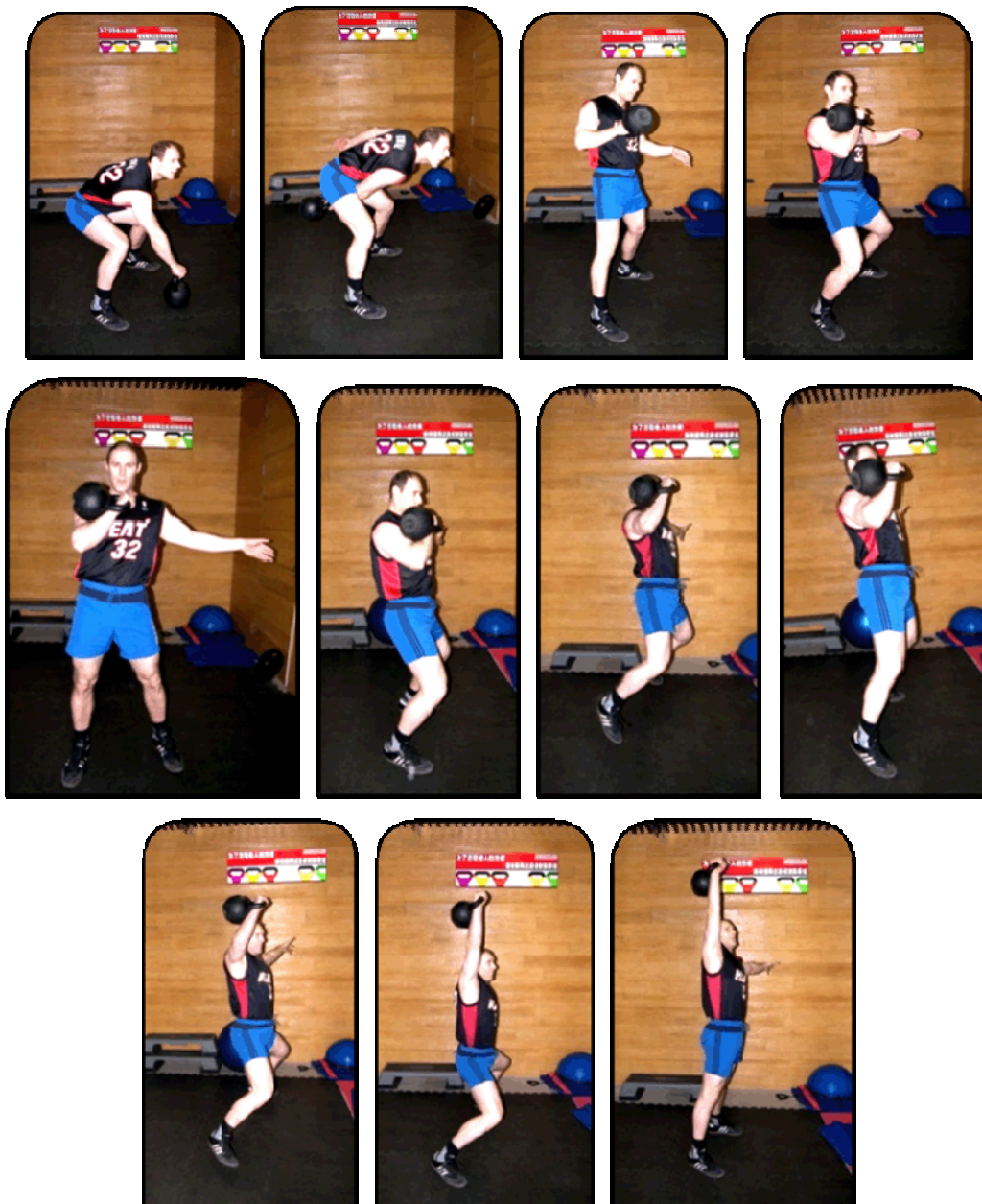
Beginning: 3 sets x 1 minute then 5 x 1, 3 x 2, 5 x 2, 3 x 3, 5 x 3, up to 3 sets x 5 minutes. Rest about 1 minute between sets.

You can combine swinging snatches with swings with one or two hands for longer drills.

Take your time when learning the snatch. It is a complex move and you have a lot to learn and experiment until you get the feeling of a perfect snatch.



## Kettlebell clean and jerk



As the name implies this exercise consists of 2 moves done in succession: the clean and the jerk

If you want a “big bang for your buck” you got it with the Clean and jerk: full body strength, explosion, core strength, and joints stability, this exercise delivers them all. Calves, hamstrings, quads, glutes, lower back, spinal erectors, lats, upper back muscles, traps, shoulders, brachioradials, forearms, you name it, all these muscles gets their share of effort and the benefits that come with.



Again you can do sessions just with Cleans and Jerks, go home and get a good rest, because you trained well and you will soon see the results.

## The clean

1. The same starting position like for the swings
2. Start with a swing, but as the KB goes up, pull it close to your body and **rack** it to your shoulder

## The rack



1. Shoulder width stance, knees and hips are locked
2. Squeeze your glutes, brace your abs, keep the breathed air inside you
3. Let your shoulders down relaxed, with your hand holding the bell next to your chin, and your elbow pointing downward
4. If you are a well equipped lady (you should know what I mean here), bring your elbow and the bell outward a little
5. The bell rests between your upper arm and your forearm
6. Your wrist is straight all the time
7. Your hips come slightly forward under the bell

You can start with the bell in front of your feet, with the bell between and behind your feet, or just between for a "dead clean".





### Correct execution

1. The clean should be an explosive move; as the KB passes your waist it goes up with the inertia it got from the explosive lift
2. Extend your knees and your hips, get up on your toes, with the elbow high
3. Look forward and keep your back straight; do not lean backward
4. When the bell lands on your shoulder bend your knees, bring your elbow up to let your upper arm meet the bell and let just a little bit of the air inside your lungs get out like through a piston valve; this is your natural shock absorption. The bell should not hurt your shoulder at all
5. The KB goes around your hand and not above it
6. Your hand does not grip the bell forcefully, it just hooks it

You can do double cleans with 2 KB's simultaneously or alternately. The clean can be a very effective drill practiced by itself.

### Frequent mistakes

1. The bell comes down striking your shoulder. When the bell lands on your shoulder it should come like a bird landing back to its nest and not like an eagle striking its prey from above
2. You try to muscle up the bell using your arms. The clean uses your legs and back and not your arms.

## The jerk

1. Grip the bell deep, with the handle close to your wrist.
2. Almost all the strength of the jerk should come from legs.
3. Dip a few centimeters and then explode up; you can even do it with a jump.
4. Look forward
5. Push the body of the KB with your shoulder and your chest to accelerate it up; do not let the weight of the bell on your arm
6. If the KB is very heavy you can dip again to catch it with your elbow straight
7. Extend the elbow on the top, forcefully contracting your triceps and your biceps
8. Keep the shoulder in its socket
9. When bringing the bell down to your shoulder use the same shock absorption technique as when cleaning

### Frequent mistakes

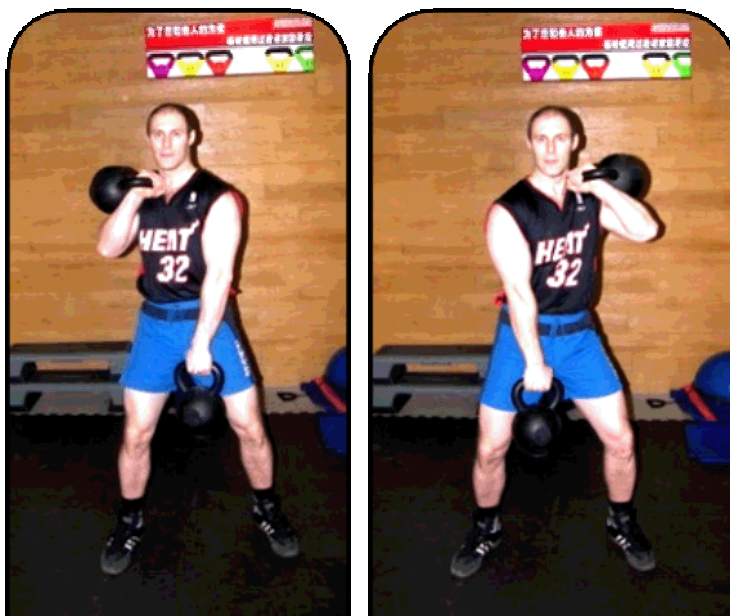


1. You push the kettlebell up, instead of jerking it; the jerk is stronger than the press.
2. You do not rack the bell well and its weight falls more on your arm than on your torso.
3. You do not coordinate well the upper body with your lower body; you should press the bell up when it feel the lightest, after the knees extend completely.

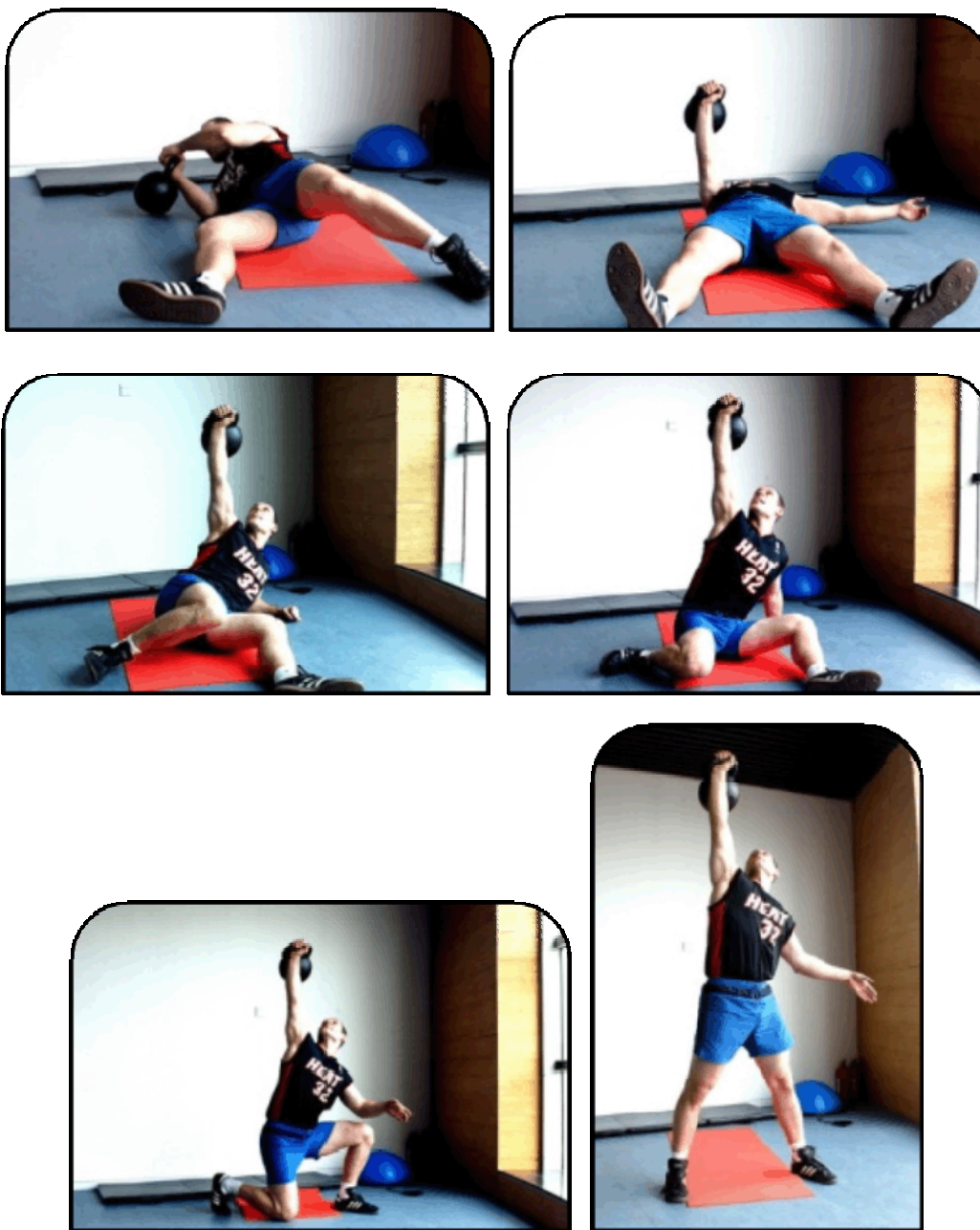
Perform the clean and jerk as a power move with sets of 1 – 6 reps. You can also do more reps, up to 20 – 30, but also with a rather heavy KB.

The move is not as fluid as the snatch or the swing and hundreds of reps do not feel as good.

Of course you can perform the Clean and the Jerk as separate moves. In the picture you see Double Kettlebell Alternate Clean.



## Kettlebell Turkish Get Up



If you train to improve your athletic performance and not just for look, then this drill is for you. The Turkish Get Up will improve your abdominal strength and stability and will toughen up your shoulder joint. Good balance and coordination are also expected outcomes after training this drill.



### Correct execution

1. Lie on the floor with one KB next to your shoulder
2. Pick it up and press it
3. Lock the bell above your shoulder
4. Stand up maintaining the KB locked above your shoulder at all times
5. Come down to the starting position

### Performance tips

1. When you pick the bell up, rotate your upper body and take it with both hands
2. When you lock the bell above your head, contract your biceps and your triceps and push with your shoulder at all times
3. Keep the wrist which holds the bell straight
4. Keep your eyes on the bell throughout the drill
5. When starting the lift with the KB on your right hand put your left elbow and forearm on the floor and pivot with your torso around them, while pushing the ground with your right heel with your knee bent
6. Make the transitions from lying to standing and back as smooth as possible
7. If you can not hold the bell up, just divert it from above your head and take it down to the floor

### Frequent mistakes

1. You fail to maintain the elbow lock throughout the drill.
2. You do not make the transition from seated to the standing position and back smoothly
3. You fail to keep the arm with the bell vertical

Perform this drill for sets of 1-3 reps for each side, alternately or not.

There are two variations of the TGU: the squatting variation and the lunge variation.



## Kettlebell side press



The side press is a combination of a shoulder press with a windmill. This drill delivers good results for your shoulders, lats, abs, obliques, spinal erectors, and hip stability. This was a favorite of old time strongmen, often used in public strength shows. This move, the same as the windmill, is not for look, but for performance. Before going for the big bent press be sure that you master perfectly the shoulder press and the windmill.

### Correct execution

1. Start with the bell in a rack, like the shoulder press, but with feet and hips the same starting position as when doing the windmill
2. As you lean your torso down from the hips, press the KB up
3. The end of the exercise is the bottom windmill position

### Performance tips

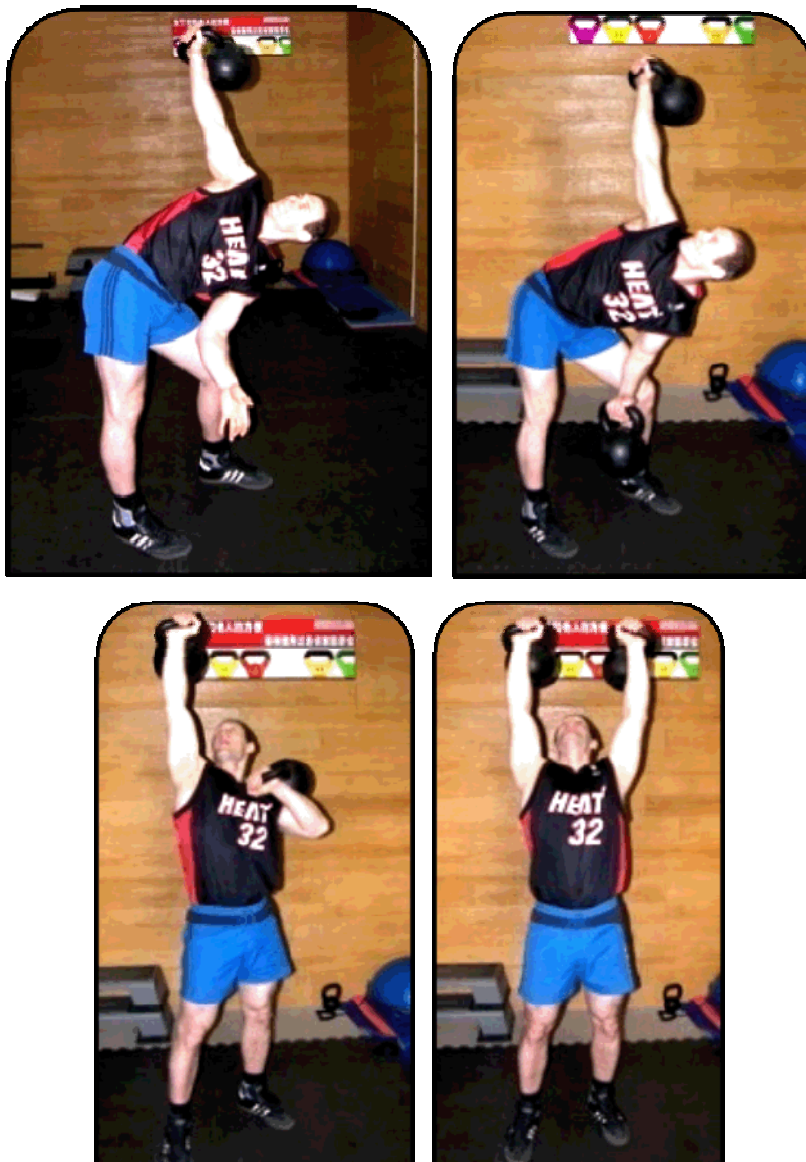
1. Breathe in as you lean down your torso
2. Flare your working arm lat as you go down
3. Keep your eyes on the bell
4. Find the optimal ratio between push and bend
5. As you go down keep the bell above your center of gravity and not above your shoulders

Train this exercise using low reps between 1 and 6. Maintain a slow tempo.





## Kettlebell two hands anyhow



This drill was again a favorite of old time strongmen. Arthur Saxon performed this drill using 465 pounds (210 kg) about 100 years ago. This stunt may never be equaled.

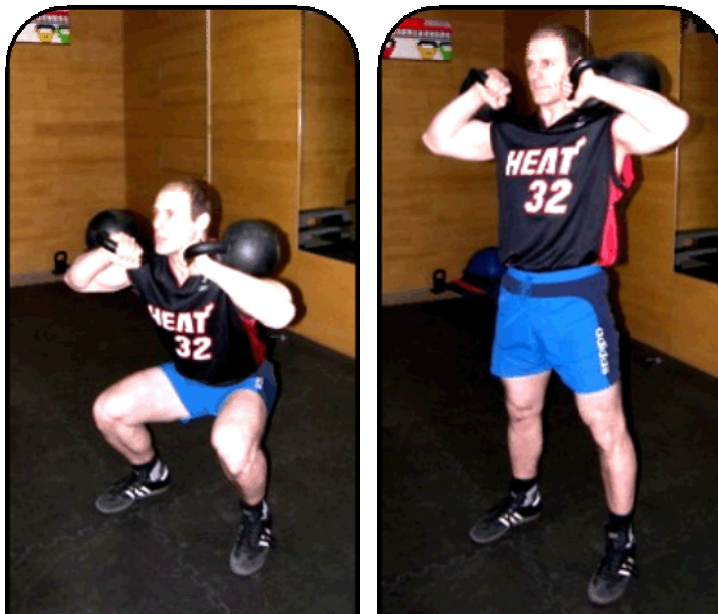
Take two kettlebells. The big one should be bent pressed.

Keep a second bell on the floor between your feet. When you reach the bottom position of the bent press, grab the bell from the floor, curl it to your shoulder stand erect and lift it overhead.

Perform this "stunt" for 1-3 reps.



## Kettlebell squat



Comparative with the classic barbell behind back squat, the KB squat taps more your core strength and allows for a better functional strength transfer from the weight room to the sport arena.

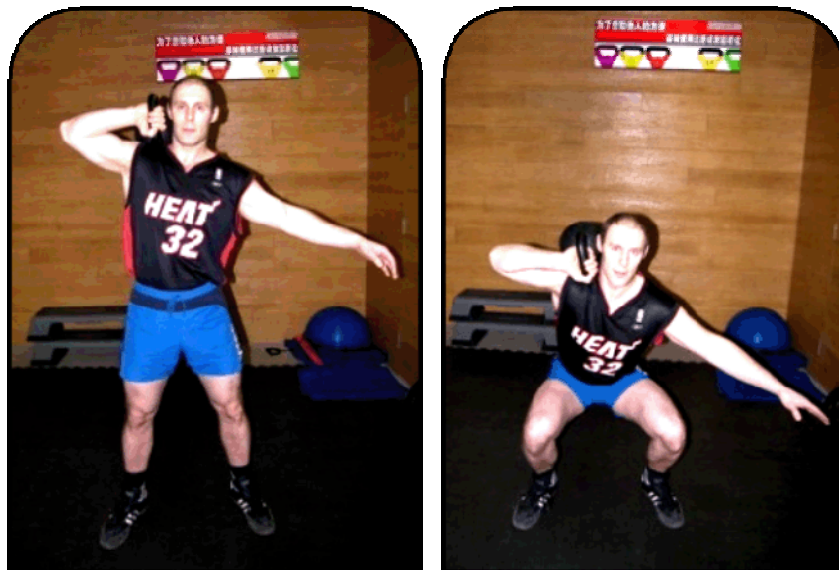
### **Double KB squat** - with one bell on each shoulder

1. After cleaning the bells on rack position, bring your elbows outward and rest the KB's on your shoulders
2. Squat as low as you can while keeping your back arched
3. Strongly tense your abs

Perform sets of 3 – 8 reps.



**Single KB squat** – with the bell on one side on one shoulder. Perform sets of 3 to 8 reps.



This move will challenge your obliques and one side spinal muscles

**Single KB squat** – with the bell between your legs.



This exercise is very easy to perform correctly, much easier than the classic barbell squat. I recommend it for beginners, especially women.

Perform sets of 1 to 8 reps.

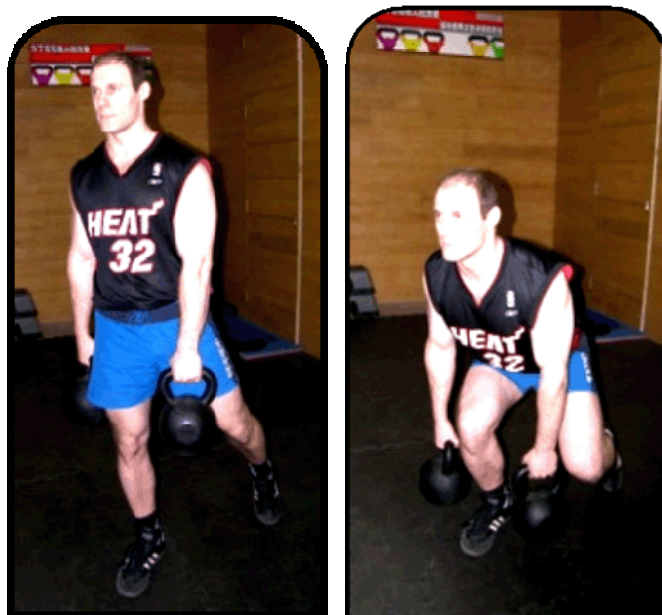


As a more difficult way of training Single KB squat you can hold **one bell in front of your chest with 2 hands**. Perform sets of 3 – 8 reps.



**KB single leg squat** – this drill is easy on your back, while delivering a killer workout for your legs and glutes. Do sets of 3 – 8 reps.





### KB pistol squat



You thought that you can not train your legs properly because the KBs are too light for squats? Well, think again after 5 sets x 5 reps of KB pistols.

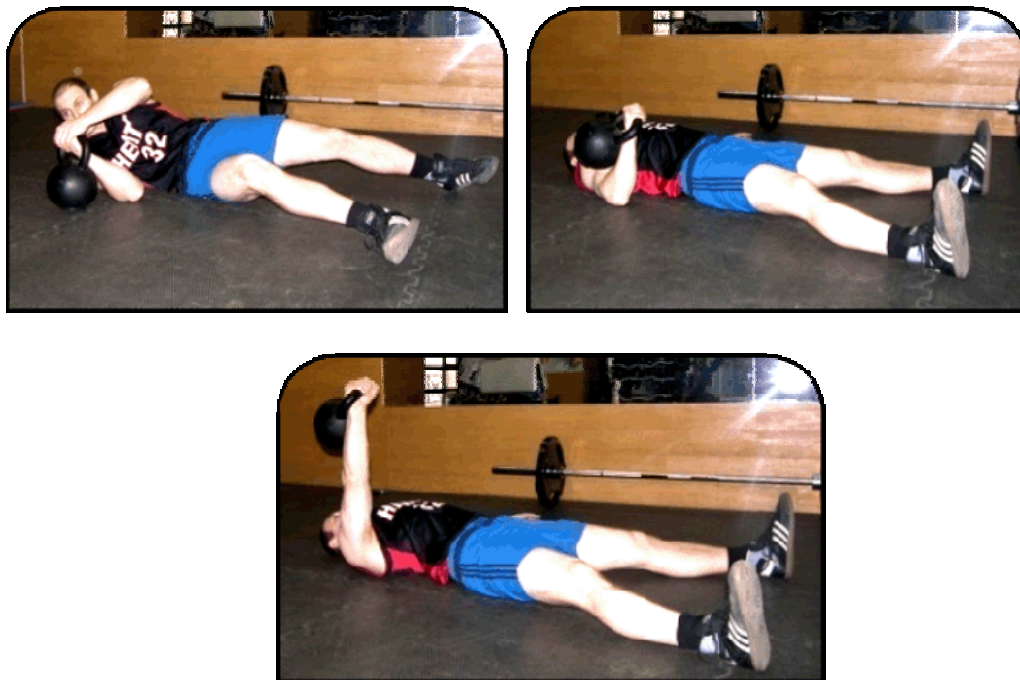
If you are truly a world class squatter, double KB pistols squats will tame you too.

Perform this drill for sets of 1 – 5 reps.





## Kettlebell floor press



You can train your chest stronger and bigger too using KBs.

You can perform this exercise with one or two KBs.

1. Lie on the floor with the bells beside your shoulder
2. Twist your torso and grab one bell with 2 hands – take the bell on your weak side first
3. Keep the bell close to your chest and take it up for the starting position
4. Take the bell from your strong side, keep it close to your chest and bring it up
5. Push the bells up
6. Lower them until your arms rest on the floor; your forearms are perpendicular on the ground at all times
7. The groove for this move is with elbows closer to the ribs compared to dumbbell press
8. Take care not to twist your shoulders when you take the bells up or put them down

This is a strength and hypertrophy exercise. Do sets of 1 – 8 reps.



## Kettlebell bent over row



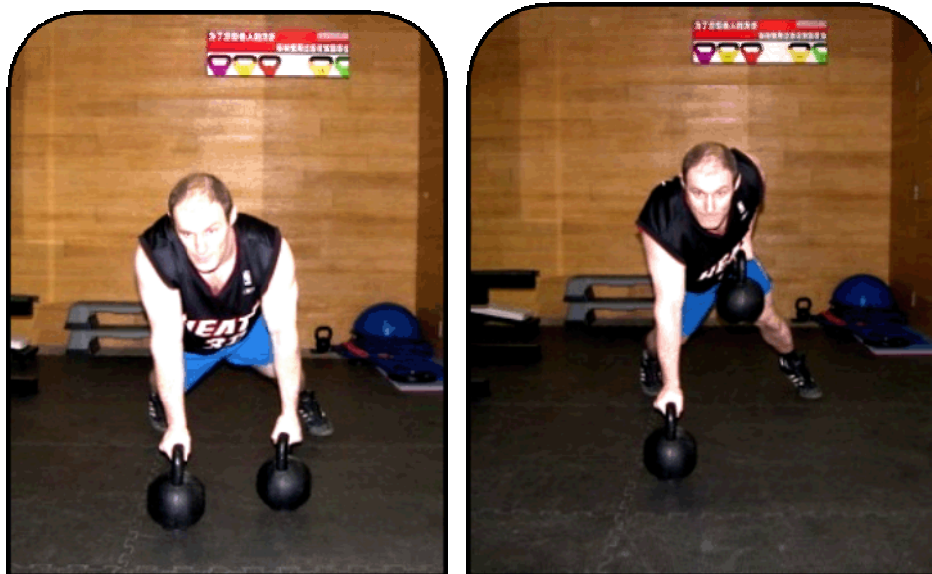
This move is the same as performed with a barbell or dumbbells, except that the KBs are between your legs

1. Do this exercise with a sumo stance
2. To involve more your lower back make the double KBs row, or when performing single KB rows, do not support your upper body with the other arm
3. If you can not make the move right without supporting your upper body, you can do it by placing your empty hand or your elbow above your knee

Perform 1 – 8 reps as a strength and hypertrophy drill.



## Kettlebell gladiator row



Train your back, your chest and your core with one drill.

1. Take a push up position with your hand on two bells handles
2. While pushing one KB into the ground, row the other
3. Keep your abs and your hip flexors braced at all times
4. Keep your head in line with your torso

You can do one set on one side and then for the other side, or you can do alternate rows

Pay attention to the balance; do not flip the bell and hurt your wrist

Perform 3 – 6 reps for each side as a core strength and dynamic balance drill.



## Kettlebell passes between the legs



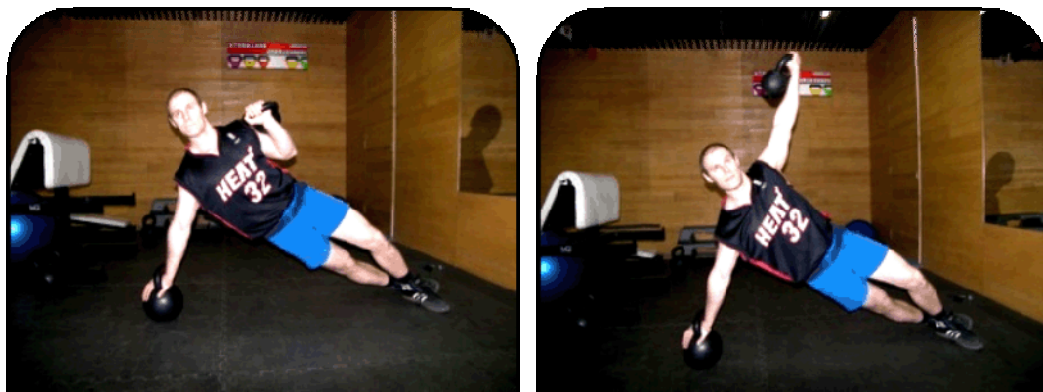
1. Take a KB and from a bent over stance, pass it between and around your legs. It is like you would pass a basketball.
2. Your spine is slightly bent, but you are braced at all times

This drill works your spinal erectors and your abs

Perform this drill for time: 10 – 30 seconds.



## Kettlebell side bridge side press



1. Place a big kettlebell on the ground. Place your hand on the KB body, inside the handle. While keeping your body straight lay on one side with your arm extended.
2. Take a lighter kettlebell with your free hand and do side press.
3. Contract your abs and your glutes; look forward at all times.
4. Pay attention not to flip over the KB from the floor.

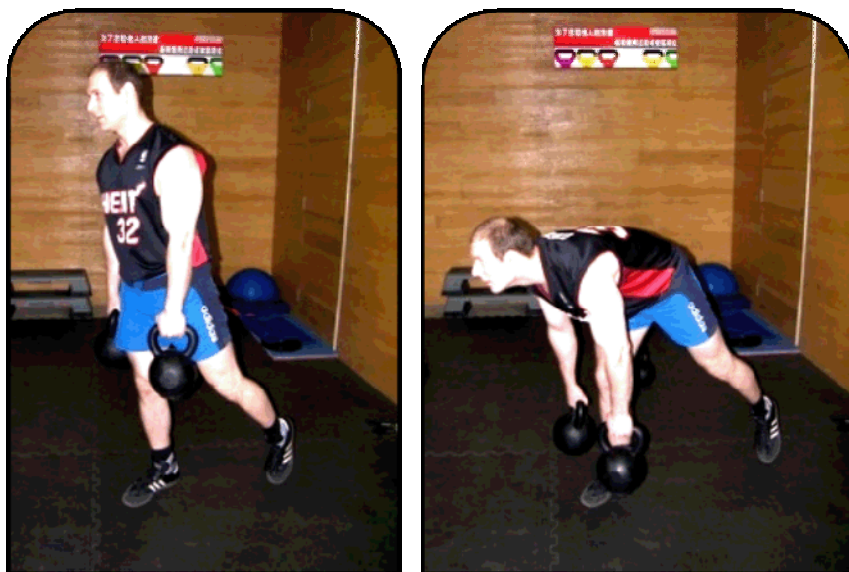
This drill will enhance your balance and improve your core strength and shoulder stability.

Do 3 – 8 reps per set.





## Kettlebell single leg deadlift



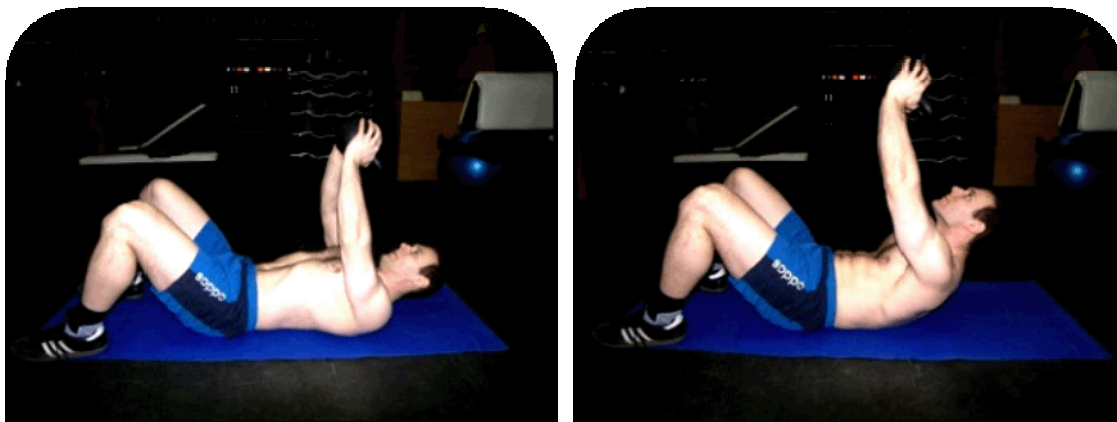
1. Take one kettlebell in each hand.
2. While maintaining good posture bend at hips and slide backward your back leg
3. Keep the front knee slightly bent and keep the bells close to your front leg at sides
4. Look forward at all times

With this drill you train your hamstrings, glutes, lower back, spinal erectors, upper back muscles and forearm flexors. It is also good for improving your balance and hamstrings flexibility.

Do 3 – 8 reps per set.



## Kettlebell crunch



1. Take one kettlebell with both hands and lie on a mat with knees bent at 90 degrees
2. While keeping your lower back on the mat lift your chest up and bring it closer to your pelvis
3. Keep the bell up above your chest

If you want pronounced abs which also perform well try this drill. Do 3 – 10 reps per set.



## Kettlebell training safety rules

1. Training with kettlebells requires more skill than training with dumbbells. Take your time and master every drill perfectly. Details are very important.  
Master every move perfectly with a lighter KB before going for the bulldog (the 88lbs, 40 kg KB is called a bulldog).
2. Always be aware of your surroundings; pay attention for objects, people, kids and pets.
3. If the bell got out from the perfect grove and the KB starts to fall on the wrong side of your body, do not fight it; get out of its way and lead it to the ground. It might happen while practicing Snatches, Bent press, Shoulder press, Turkish get up, Windmill. Keep your calm and park it.
4. Do not forget that every drill begins when you touch the KB and ends up when you place it back on the ground.
5. Keep your mind on your training. Do not chatter and laugh around while training.
6. Keep your hands dry at all times. If you sweat while exercising, stop if you feel your grip gets loosen up.
7. Keep your wrist straight at all times when loaded.
8. Maintain a good posture throughout the training; do not slouch and bring your knees forward too much.
9. You should never train until total failure with a kettlebell.

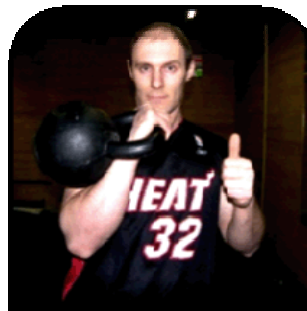
### Mistakes pics



### Mistakes pics

This is bad

This is good



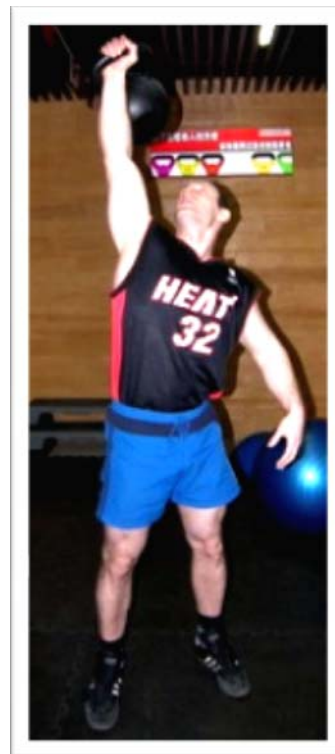
## What size kettlebell should I start with?

It would be nice to have a full set of bells 4 – 48 kgs (increments of 2 kgs, every weight 2 bells). However this is not very easily affordable, so in the beginning you can begin with a set of 2 kettlebells.

Choose a big one for strength moves (shoulder press, floor press, bent over row, one leg squat, windmill, heavy snatches, etc) performed for 1-8 reps and another lighter one for endurance explosive cardio drills ( swings, snatches, etc) usually performed for hundreds of reps at once.

**Your big one should be as heavy as you can almost press it overhead once.** For shoulder press start with yielding press, work your way up to normal presses up to 10 reps per set, then increase the difficulty of the drills with the other presses (pause press, awkward grip, bottom up press, etc).

**The smaller kettlebell should be half of the weight of the big one.**



Alex pressing the 56 kg KB  
"The mother of the beast"



## Kettlebell training programs

1. Train 2 – 7 days a week
2. Alternate between very high overall intensity, high intensity and moderate intensity training sessions
3. Train 10 – 45 minutes each session
4. According to your level choose between 1 – 6 sets per exercise

### Example of training programs

#### Training A

- |                      |                                       |                            |
|----------------------|---------------------------------------|----------------------------|
| 1. KB swing          | 2 sets x 20 reps                      | warm up                    |
| 2. KB shoulder press | 3 sets x 5 reps (left/right)          | 95 % intensity             |
| 3. KB squat          | 4 sets x 8 rep (two KBs on shoulders) | 80% intensity              |
| 4. KB windmill       | 3 sets x 6 reps (left/right)          | 90 % intensity             |
| 5. KB floor press    | 3 sets x 8 reps                       | 80 % intensity             |
| 6. KB swing          | 6 sets x 25 reps                      | 1 min rest in between sets |

#### Training B

- |                      |             |  |
|----------------------|-------------|--|
| 1. KB swing          | 2 x 20      |  |
| 2. KB side press     | 3 x 5 (L/R) | 95 %                                       |
| 3. KB swing          | 6 x 8 (L/R) | 80 %                                       |
| 4. KB Turkish Get up | 3 x 2 (L/R) | 70 %                                       |
| 5. Pull ups          | 5 x n       | (if you are a stud hook a KB on your belt) |

#### Training C

- |                     |             |                                 |
|---------------------|-------------|---------------------------------|
| 1. KB swing         | 2 x 20      |                                 |
| 2. KB clean & jerk  | 4 x 5 (L/R) | 95 %                            |
| 3. KB bent over row | 4 x 8       | 80 % (double KB)                |
| 4. Dips             | 4 x 8       | 80 % (hook a bell on your belt) |
| 5. KB swing         | 8 x 25      | rest one min between sets       |

#### Training D

1. KB swing 8 - 15 min Alternate between right hand swings, left hand swings, two hand swings, right hand snatches and left hand snatches.

#### Training E

- |              |        |      |
|--------------|--------|------|
| 1. KB snatch | 10 x 5 | 90 % |
|--------------|--------|------|

In the beginning I suggest to train just one move on each training session.





Perform it 8 sets x 3 – 6 reps. Train like this to get the feeling for each drill.  
Good luck!



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