

A close-up photograph of a person's hand and forearm holding a black kettlebell. The person is wearing black athletic shorts. The background is a plain, light-colored wall. The text 'KETTLEBELL BOOTCAMP' is overlaid on the image, with 'KETTLEBELL' in red and 'BOOTCAMP' in white.

# **KETTLEBELL** **BOOTCAMP**

**THE ULTIMATE KETTLEBELL TRAINING MANUAL**

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# Introduction

Kettlebell is one of the exercises that most people regard as cool and interesting. If you have not seen a kettlebell before, you may be curious how it looks like. Well, it's pretty straightforward. It is a black cannonball with a handle that is cast of iron. While there are so many other workout tools that you can employ to achieve your [health](#) goals, kettlebell training has many unique health benefits if you choose to incorporate it into your workout routine.

Part of what makes kettlebells exercises mystical lies in its origin. They were popularized in Russia in the 18<sup>th</sup> century. During this time, the kettlebell was used as counterweights when measuring things like cereals and other dry [products](#).

Soon enough, the farmers started challenging each other to lift the heaviest kettlebells and eventually, they found their way into the hands of strong circus men. After the Second World War, the Soviet Red Army took up the kettlebells in training their [soldiers](#)

and later in the 1970s, lifting kettlebells was declared an official [sport](#).

While kettlebells have been around in the US for over a century, they have enjoyed its fair share of resurgence and eventually found their way into the gym and [fitness stores](#). It comprises a bell, a handle, and horns. The bell, in this case, refers to the round cannonball shaped [weight](#), and the handle is what connects the kettlebell by simply sloping downwards on each end, hence referred to as the horns.

It is this design that makes the kettlebell quite a unique tool. You may be thinking “what is the difference between kettlebells and dumbbells?” Well, one thing that you have to take note of is that unlike the dumbbells in which the handle connects two weights that are evenly distributed and lies at the center of them, the kettlebell’s center of gravity is usually offset from its handle. This is mainly because it rests several inches away from the center.

It is also important to note that with a kettlebell, it is quite easy to grasp it by the handle, bell end or horns. It is the mainstay to grip the kettlebell by its handle. However, when it comes to certain exercises like squats, it is much easier to grasp them by the horns. To achieve a greater grip on certain poses like rowing, it may be better if you hold the kettlebell by the bell itself. This is

because it will help force the hand to squeeze harder to prevent slipping.



# CHAPTER 1

## HOW TO CHOOSE A KETTLEBELL



# Chapter 1: How To Choose A Kettlebell

According to a study conducted at the [University](#) of Wisconsin-La Crosse, there are so many ways in which you can choose a kettlebell. Mostly, the kettlebells vary in designs. There are those that are coated with rubber to protect the floors from the resulting impact. Other designs are designed specifically for competitions. Such kettlebells have a straight handle and are uniform in shape and size irrespective of the weight.

Over the years, some manufacturers have designed kettlebells with a concave face for ergonomic factors. Others like the newfangled kettlebells work the same way as dumbbells, which means that they can be loaded with plates for [weight](#) adjustments with just a single implement. For instance, kettlebell swings and getups are said to get the heart rate up and burn more [fats](#) in the same manner a cardio machine does but can do more in re-enforcing good mechanics.



Therefore, if you plan on buying your first kettlebell, it is important that you do the test before making the purchase. Start by holding up your hand and touch your thumb to the tip of your pinkie. Take note of the channel that forms on your palm. This is the point at which the kettlebell handle is supposed to rest most of the time. That is from the outside knuckle of your index finger down to the opposite side of your wrist in a diagonal orientation.

Follow this by picking up the [weight](#) and then holding the handle in the middle so that it fills the channel. Ensure that the bell rests on the back of your forearm and that the wrist at this point is straight. It is important that it does not impinge on the boney profile of your wrist. If at some point you pick up the kettlebell

and it rubs against the [bone](#) protruding on the lateral side of your wrist, then this means that the weight displacement from the handle is not ideal. In other words, there is a high risk of you getting injured.

The best safety tip at this point is for you to avoid choosing a kettlebell that has a thick handle. You will realize that Onnit's handles have a diameter that is a little over an inch. This is enough when it comes to working your grip strength, while not causing unnecessary fatigue.

When performing an [exercise](#) like a swing, there is a possibility that you will be making so many reps in a single workout. The key here is to ensure that your grip does not burn out. This is mainly because it is counterproductive from a technical standpoint. When the grip is overworked, there is a chance that you will see a whole slew of mechanical problems that will occur. As for how much [weight](#) you should begin with, men can typically lift 16 kilos while [women](#) can lift 8 kilos.

# CHAPTER 2

## THE BENEFITS OF KETTLEBELL TRAINING



# Chapter 2: The Benefits of Kettlebell Training

There are so many benefits that you get to enjoy by performing kettlebell workouts. One thing that is important to note is that kettlebell training offers a unique combination of benefits from strength [exercises](#) and [cardio](#). As mentioned earlier, kettlebell workout is more unconventional and quite resembles a cannonball with a handle attached to it. You can use it to build your strength, agility, [boost](#) balance and endurance while at the same time burn [fat](#).

Kettlebell exercises often feature a wide range of lifts and swings. The good thing is that the training tool is quite flexible and can be used for a broad range of intense training exercises. Therefore, if you need a hybrid system for both strength and cardio, the kettlebells are your best option at creating workouts that are not only effective but also time efficient.

So, if you are still weighing whether or not to ditch those conventional dumbbells for something that will be worth your while, here are some of the benefits that you do not want to miss when you choose the kettlebell training;

## **1. Achieve Better Form**

One of the main things that distinguish a kettlebell from a dumbbell usually lies on the offset nature of the load. This is mainly because the center of gravity of a kettlebell is about 6-8 inches away from your grip when you are holding the handle, and this is what makes it quite difficult to control.

Because of this, every [exercise](#) that you perform ranging from conventional strength movements to more unique kettlebell exercises such as swings, you are going to need a strict form and increased activation of the [muscles](#) than you could get from using a dumbbell.

Let us consider an overhead press. In this case, one of the funniest things when using a dumbbell is the fact that so many people are just as happy to press at the point where their elbows are bent at a right angle. However, with a kettlebell, the first

instinct is to press up to lockout. This is mainly because the offset load serves as a counterweight that plays a critical role in pulling the shoulders back.

In other words, the kettlebell plays a significant role in encouraging you to perform each exercise optimally and perfectly. However, if you cannot, for instance, you end up arching your back or twisting to one side when trying to complete the lift, then you most certainly know that your form is broken.

When you squat with the kettlebell held in front of your body, this causes you to sit back, and this improves the mechanics of your squat patten tremendously. This in effect paves the way for you to progress to more advanced exercises seamlessly when you get stronger.

## **2.Improves Core Strength**

When you press a kettlebell overhead, you are simply causing your ribs and back to flare. This means that you have to lock your core as much as possible to [balance](#) your posture. When you are in a swing, it is critical that you brace your core to prevent your lower back from dangerously rounding at the bottom of the



movements. Therefore, for each exercise you perform, the good thing is that you can count on your core firing harder with the aim of stabilizing your body and ensuring that your safety comes first.

### **3. Boost Athleticism**

If you are an athlete, one of the major benefits of incorporating kettlebells in your workout routine is the fact that you gain a greater grip strength. This is mainly because the kettlebell handle together with the displaced load needs your hands, fingers, and forearms to work together for total control as compared to using a dumbbell.

While so many manufacturers prefer thick handles, one thing that you have to understand is that when you use a narrower handle, you are making it quite easy to perform complex movements. This increases your training options.

Because grip strength is much more significant than in most [sports](#) as well as gaining overall strength, kettlebell has the opportunity of boosting your cardiovascular endurance. kettlebell exercises often incorporate the whole body and

workouts as the press, snatch and clean involve lifting [weights](#) right from the floor to over the head. This ensures that the [muscles](#) across the [body](#) are worked well and these motions create a huge demand on the heart. As a result, so many athletes employ the use of kettlebells as a strong pillar of their workout programs.

#### **4. Easy Portability**

Just like exercise bands and suspension trainers, kettlebells are quite portable and easy to bring them with you on [travel](#). This is because they will not roll around in your car as dumbbells do. They will not look out of place when you bring them to the beach with you.

Additionally, unlike the dumbbell, you only need one kettlebell for you to have a great workout. This is because, with just a single kettlebell, you can engage in a large number of exercises, unlike the dumbbell that you mostly need at least a few selections of them to do your regular workouts.

If you intend on working the entire body, you can choose to bring two kettlebells. The truth is, if you have a single kettlebell at the

corner of your room or the back of your [car](#), you pretty much have a portable gym.

## 5. Lowers Body Fats

So many people [desire](#) to shed off a few pounds and hence [weight](#) loss is one of their major [fitness](#) goals. The good thing with kettlebell training is that you can achieve this easily. The main reason for this is the fact that kettlebell training integrates a large number of high-intensity workouts that allow the [body](#) to burn as much [fat](#) as possible.



While so many weight loss programs take too much time and effort to achieve the desired [body weight](#) and physique and end up becoming boring overtime, kettlebell training is quite the opposite. This is mainly because it serves as an exciting alternative to your average routine workouts because they keep you focused and boost your metabolism rate.

It is highly recommended that if you intend to lose weight using kettlebell training, you integrate a high repetition compound movement exercises in every session. Some of these exercises may include reverse lunges, kettlebell swings and shoulder presses. The most important thing is to ensure that you do not have rest times in between.

## **6.Improves Posture**

One of the things with the human [body](#) is that as we age, our posture gets compromised. However, the good thing is that you can make sure that you [control](#) the effects of aging by incorporating kettlebell training into your workout routine. This is because, according to research, there is evidence that kettlebell

exercises can improve posture and counter the effects of modern-day lifestyles.

While working out, it is very common for postural muscles to be neglected. But with kettlebell training, you can see results faster and improve your posture. Do you know why this is important? Well, an improved [posture](#) helps you look leaner and [boosts](#) your self-esteem and [confidence](#).

## **7. Inexpensive**

Kettlebells are cost effective. When you buy the right kettlebell, you can be sure that they will last a lifetime and you will not need to incur another cost of replacing them frequently.

For most beginners, getting a single kettlebell that is made from solid metal can last so many years. Moreover, kettlebell training does not need you to be in specialized footwear like other workouts, and this ensures that you save [money](#) that you would have otherwise spent purchasing an expensive pair of workout shoes.

## **8. Gaining Strength Without Bulk**

Did you know that most [women](#) who work out possess a common [desire](#) to build their strength without necessarily having a bulky appearance of a male bodybuilder? Well, with kettlebell training, the main aim is not to increase the [muscle](#) mass but to [boost](#) strength without having that bulky appearance.

This is mainly because when you integrate the kettlebell exercises to your training program, you are essentially incorporating full body functional movements. These movements play a central role in simultaneously targeting many muscle groups across the body. If you have any special needs, it is advisable that you speak to your trainer so that they can design workout routines that satisfactorily [meet](#) these requirements.

## **9. Comfortable To Use**

Unlike the dumbbells that have a high chance of straining your arms and other workouts that put you at risk of injuries, kettlebells are very comfortable to use. This is mainly because they do not pull the muscles across the body too hard. Their

[weights](#) rest comfortably in your forearms without weighing them down and causing fatigue. This explains why [women](#) prefer using kettlebells than other weight lifting exercises available.

## **10. Quick Workout**

Most of us do not have enough time to sign up and hit the gym. However, this does not mean that there are no workout exercises that will help you keep your great [body](#) in shape. Kettlebell exercises are perfect for you, and you can do them at the comfort of your home, office or any other place that you are comfortable with.

Kettlebells target so many muscles in the body, and this means that you do not have to spend so much time on other workouts that only target one body part at a time. This is exactly what makes kettlebell trainings a brilliant [solution](#) for people who have busy schedules like moms. Best of all, you can perform these workout exercises with minimal supervision.

# CHAPTER 3

## COMMON KETTLEBELL MISTAKES





## Chapter 3: Common Kettlebell Mistakes

So far, we have already discussed how the kettlebell training is effective in building strength and [power](#). It is also clear that there is a wide range of kettlebell training tools available in the [market](#), each playing a significant role. For instance, the kettlebell swing plays an important role in boosting the body's endurance while also strengthening the posterior chain.

However, one thing that you have to bear in [mind](#) is that with kettlebell training exercises, it is not always [fun](#) and [games](#). If you are a beginner, it is critical that you pay attention to what you are doing and how you are doing it to minimize the occurrence of injuries.

If you are just starting out, ensure that you get the guidance that you need from an expert [fitness coach](#) to help you learn how to use the kettlebell equipment the right way. Here are some of the common mistakes that you should look out for when using the kettlebell;

## **Mistake 1: Opting For A Heavier Weight**

For beginners, it is very easy for one to get caught up with so much excitement and the temptation to push yourself too hard. Yes, the challenge is good, but you have to do it gradually so that the body is not in shock.

In other words, rather than jumping all in to start off with heavier weights, it is important that you start with what you can handle and progress slowly. When you add more weight than you can handle, you will only restrict in an improper form and increase the risk of having an injury.

Whenever you are [training](#), always ensure that your safety comes first. The best way to do this is ensuring that you select the right weight of kettlebell. Consult with a professional when you decide to choose the [weights](#) to start training with. Ensure that you are not mixing up the measurements and weights by [learning](#) the difference between meters and centimeters; and pounds and kilograms.

## **Mistake 2: Generating Force By Using The Upper Part Of The Body**

As mentioned earlier, the kettlebell exercises often utilize movements of the whole body. This is what makes the training sessions twice effective. Unfortunately, there are so many people at the beginner level who try hard to [muscle](#) up their way through these workouts. It is important that you realize how this might place unnecessary strain on your upper body and try not to do it.

## **Mistake 3: Swinging The Kettlebell Too Fast**

One important thing that you have to understand is that when you swing the kettlebell too fast, you risk losing control and pulling your muscles, something that could result in serious injuries. While it is often fun to swing the kettlebell with so much force after a very long day, there is a chance that this might do more harm than good when your form is compromised.

## **Mistake 4: Focusing On Quantity**

As a beginner, there is a high chance that you will be tempted to go overboard and push yourself too hard. If your trainer recommends that you start with ten reps, going higher than that might not be a good [idea](#).

[Trust](#) me, finishing 20 reps with a bad form is even worse than never picking up a kettlebell simply because you are employing the wrong kind of technique. It is essential that you perform each kettlebell exercise as it is required so that you avoid the adverse effects that might cause injury. Adhere to guidelines before you can even attempt to perform any exercise at all.

## **Mistake 5: Putting On The Wrong Running Shoes**



Like I mentioned earlier, the good thing is that you do not have to wear a special kind of shoe to do this exercise. However, this does not mean that you can wear shoes that place you at risk of injury. While it is so tempting to wear shoes with very thick soles, you have to understand that this might hinder your movements while working out.

When performing the kettlebell exercises, it is advisable that you wear shoes that allow you to naturally move your ankles, lower leg ligaments, and foot. Thick running shoes do not only cushion

the heels but also tends to raise the foot off the ground causing your grip on the floor to be destabilized.

# CHAPTER 4

## REMEDIES TO COMMON MISTAKES DURING KETTLEBELL EXERCISES



# Chapter 4: Remedies To Common Mistakes During Kettlebell Exercises

## Remedy 1

Before you get your hands on any kettlebell, it is critical that you practice basic movements first. The best way to do this is by starting with a few mobility exercises just to warm the [joints](#) up. You can also start with lightweight objects like [water](#) bottles to practice kettlebell swings especially if you are a beginner. This ensures that you learn mobility without having to put yourself at risk of injury.





## **Remedy 2**

For you to effectively and efficiently practice using the force derived from the whole body, it is critical that you consider practicing the kettlebell swings first. This will go a long way in helping you experience [power](#) being transferred from the lower parts of your body to the upper parts. Just bear in [mind](#) that your back needs to be kept flat and your glutes squeezed. Sooner or later, you will be proficient performing kettlebell workout exercises with so much zeal.

### **Remedy 3**

The next time you perform the kettlebell swing, try to perform the movement with a slower and more controlled pace. This is very critical in stabilizing and strengthening the larger groups of muscles while lowering the risk of injuries. Therefore, it is very important for you to take control of the kettlebell while moving it downwards just as it is when moving upwards. Just like any other exercise, kettlebell swing requires you to control its movement when you bring it around the head and ensure that the shoulders are stable.

### **Remedy 4**

For a beginner, it is advisable to start by simply setting yourself small targets. Focus your attention on completing at least ten reps before you perform higher reps. Once you can handle it, you can now add a small number of reps to your workout sessions bit by bit. It is better if you talk to your trainer about the problems you might be facing. While it is a good option to workout at home, it is important that you seek expert guidance especially if you have never used the kettlebell before.

## **Remedy 5**

Wear flat shoes with a better grip of the floor. You could also choose to perform the exercises bare [feet](#). When you get rid of sores, you stand a chance of strengthening your feet [muscles](#) and ligaments so that you have the freedom to move around seamlessly. Alternatively, you can choose to wear converse which has been proven to strengthen both the feet and the ankles.

# CHAPTER 5

## WAYS TO USE KETTLEBELLS



# Chapter 5: Ways To Use Kettlebells

There are three major ways in which you can use kettlebells when working out. These include:

## 1. Warm-ups

Kettlebells are the best tools to avoid imbalances and injuries. This is mainly because they will warm up your body by simply restoring healthy movement patterns in your body.

However, if you are not ready to start integrating kettlebells in your workout program, at least start using them little by little to enhance your mobility. This will help you get in position so that you can perform regular exercise movements safely. So when you lift heavier, your body can handle it and you can maintain the [technique](#).

Even though the kettlebells are much lighter than you think or what you are used to, they offer you adequate feedback to challenge yourself and engage your nervous system. This means

that the communication between the body and the brain is enhanced and this boosts a more responsive system to what you are asking it to do.

The trick here is to first master the goblet squats before you can proceed to back squats by simply holding the lower position for a couple of seconds before opening up the hips. You can also try doing the light one-arm overhead presses before progressing to military presses so that your shoulders stay warm. Alternatively, you can use choose to use the chest-loaded swings to make your hips ready for kettlebell deadlifts.

## **2. Doing Full Body Workouts**

All that you need for a great workout is to ensure that you are working all the major and minor [muscles](#) of your [body](#). With kettlebells, you can achieve this using squats, hinge, pull and push techniques. Once you cover these movement patterns, you are good to go.

### 3. Set A Circuit

When it comes to swings and getups, you will get your heart rate up the same way you would in a cardio machine. The most important thing with the kettlebell is that you can do more to re-enforce good mechanics. The other bright side is that while you exercise, you are challenging yourself to be better while having so much fun. The trick here is to build a circuit with kettlebells before you progress to heavy weight-[training](#) sessions.



# CHAPTER 6

## KETTLEBELL WORKOUTS FOR BEGINNERS





# Chapter 6: Kettlebell Workouts For Beginners

If you ask any trainer, they will tell you that kettlebell is here to stay because they have outstanding [fitness](#) and postural benefits. It is the one workout technique that can work multiple joints all at the same time. It is the one technique that you can use to achieve so many results simultaneously. It is not only great for the heart and the core but also offers the ability to stabilize the body.

To warm up the body with this exercise, begin by standing with your feet such that your feet are hip-width apart. Hold the kettlebell to your chest and then using your right hand, hold the corner of the kettlebell handle and lower down into a squat position. Once you are on the squat position, begin to thread the bell in between your legs so that you reach behind and use your left hand to grip the corner of the handle.

Now that the kettlebell is in your left hand behind your left leg start moving it along the outer parts of your left thigh. Then start threading it back to the middle of your legs but this time, ensure that you grab it with your right hand and hold it behind your right leg. Again, start moving it around the right leg and then bring it to the front of your right hand. As a beginner, you can start with at least five reps and then work your way up to 10 gradually once the body can handle it.

## **1. Kettlebell Swing**

This is one of the most popular workout exercises that you should incorporate into your daily [fitness](#) routine. To get the perfect kettlebell swing, start by standing over the kettlebell with your feet hips apart and your chest up.

Hold your shoulders back and then move down with the kettlebell lined between your feet. It is important that you invest a kettlebell that permits you to swing using one of the perfect techniques without having to challenge yourself. If you are a beginner, it is critical that you start with a lightweight kettlebell or use one that is way lighter than what you are used to.



Now, squat down while ensuring that you grip the kettlebell with your palms such that your thumb loosely grips around the handle. Stand tall while gripping onto the kettlebell. It is critical that you keep your arms long and loose enough to engage the core and the cause the shoulder blades to retract.

At this point, it is important that you start shifting the bodyweight towards your heels while keeping the [knees](#) softened. Then slowly lower the rear end towards the wall behind you and then start swinging the kettlebell.

Start driving your heels so that your quads are engaged while still swinging the kettlebell. It is critical that as you swing the kettlebell, it reaches your chest and the arms remain extended. As the bell begins to come downwards, allow the weight to work the magic while you get ready for the next rep.

Shift the weight towards your heels so that the glutes and the hamstrings are loaded and then the weight will move behind your legs. While the bells transition from the back to the front, keep engaging your heels and your hips to maximize the benefits. Repeat the whole process at least ten times, and once you can handle it, you can gradually increase the reps.

## **2. Turkish Get Up**

This is one of the most commonly known full body workout that integrates fundamental movement patterns that are important in conditioning the stabilizer [muscles](#) and the core throughout the process.

It is termed the best stabilizing exercises and has been used for so many decades in ancient Greek. It is believed that the Greek

would not train a boy until they can get off the floor while holding the weights above their heads. This exercise entails seven stages;

### **Stage 1**

Start by forming a fetal position while ensuring that you are holding the kettlebell. Then roll onto your back and then hold the bell such that your arm is straightened out. Fix your gaze on the kettlebell and ensure that your eyes are not taken off it.

### **Stage 2**

Start bending your leg so that they are in the same direction as the kettlebell. At the same time, place your opposite arm such that it is at 45 degrees.

### **Stage 3**

Once you are seated along the line of your arm, crush the handle to your elbow and then follow up with the hand. Start to position the kettlebell arm in its rightful socket in such a way that the shoulders are positioned away from the ear.

## **Stage 4**

Now, start pushing from the heel of your bent leg and then push your hips up so that they are fully extended. Ensure that there is a straight line running from the bottom hand to the bell.

## **Stage 5**

Sweep the straight leg through and then back so that you are in half kneeling position.

## **Stage 6**

Lift the hands off the floor and then begin to extend the body so that it is straight. Take your eyes off the bell and focus on what lies ahead of you.

## **Stage 7**

Drive slowly from your heel and stand up straight on your feet. Once you achieve stability, you can reverse the movements and start from the beginning to the end for the number of replicates that is desired.

### **3. Kettlebell Windmill**

This is an exercise that is designed mainly for strengthening the core. It also plays a central role in decreasing waistline. Start by positioning the kettlebell at the front of your lead foot. Use your opposite arm to press overhead.

Clean the bell to your shoulder by simply extending through your hips and the legs such that the kettlebell moves in the direction of your shoulders. Start rotating the wrist in such a way that the palms face forward and then press the kettlebell overhead by simply extending the elbows straight.

In this position, ensure that you keep the kettlebell locked out so that you can now push your glutes in the same direction as the locked bell. Extend your feet to achieve a 45-degree angle from the arm while maintaining the kettlebell locked out.

While you bend the hips, begin to slowly lean forward until you reach the ground with your free hands. While doing this, it is important that you keep your eyes gazing on the kettlebell throughout as you hold it over your head. Take a 30-second pause once you reach the floor before you can get back to your starting position.

## 4. Single Leg Deadlift

This exercise is important in helping you learn how to stabilize when in motion. It is critical that you practice this movement so that when you are holding a kettlebell, you can swing it at high speed without tripping. It is a comprehensive exercise that plays a critical role in singling out your legs during the deadlift process.

One thing that you have to bear in [mind](#) when engaging in this exercise is that it requires [balance](#). It is also essential that you pay attention to your glutes, hamstrings and your lower back. Indeed, it is a great exercise that will help you achieve toned lean legs while strengthening your posterior chain.

The first thing that you have to do is position your feet together while you place the kettlebells on your toes. Then pick it up while you raise one leg and the other behind you. Maintain a straight back as you place the bell back to the floor and repeat the whole process for about 5-10 reps.

One of the safety tips that should help you as you engage in this workout is to hold on to the kettlebell handle tight while maintaining a tight core. As you do this, you should be able to feel the tension on both your hamstrings and glutes.



## **5. Kettlebell Goblet Squat**

The first thing that you do here is to hold the kettlebells by the horns and then drive your shoulder blades towards each other and downwards towards the chest so that the chest opens. Then tuck your elbows in so that your forearms are in a vertical orientation.

Stand with both your feet wider than hip-width apart. Ensure that the feet are slightly turned out and then take in deep breaths into your [belly](#). Start twisting your feet into the ground and take a squatting position while keeping your torso upright. Go as low as possible without allowing your tailbone to tuck under your butt.

## **6. One-arm Overhead Press**

Start by standing tall while holding the kettlebell in one hand at the level of your shoulder. Stand firmly with your feet rooted into the ground as though you were getting ready to resist a push. Take in deep breaths into your belly and ensure that you brace your glutes and abs.

Now pull your ribs down so that your spine looks elongated and your [chest](#) is out, and the tailbone is slightly tilted. Start pressing the weight overhead. It is important that you ensure your chin is pulled back so that the weight clears it easily. Now lower the kettlebell by pulling it back into position as though you were performing a pull-up.

It is important that you do not get fixated on getting the overhead lockout immediately. You have to understand that achieving that right-angle elbow bend is not easy for most people. Therefore, if you see the need to arch your back so that your ribs can flare, do it.

This will help you lockout the arms overhead so that the shoulders train effectively. In most cases, you might find it necessary to regress the movements towards the ground by simply lying down on the floor with your triceps against it. Then press upwards from there as though you were doing a bench press only this time with a shortened range of motion.

## **7. Kettlebell Deadlift**

Start this exercise by placing the kettlebells on the floor in between your feet. Now stand with your feet at hip-width apart. Slightly bend the knees so that you can push your butt back. Ensure that your feet are rooted to the ground while you try to lower your torso until your arms can grip onto the kettlebell handle.

With your chest out, keep your lower back naturally arched as possible. It is important that you let your eyes gaze in front of you but slightly lower. Then grasp the kettlebell using both your hands and then take a deep breath into your [belly](#). Now drive through your heels and lift the bells while you extend your hips to lockout.

## **8. Kettlebell One-arm Row**

Start by placing the kettlebell down on the floor and then place your right foot in front as you take a staggered stance. Plant your foot right outside your weight. Ensure that you plant the ball of your left foot into the ground and fold it at the hips as you bring yourself into a sitting position in such a way that your butt and

torso are at a 45-degree angle to the ground. Then rest your elbow on your right thigh for support. Then reach out for the kettlebell with the help of your left hand.

Inhale in slowly into your [belly](#) as you draw your shoulders back and towards each other. Brace your core as you row the [weight](#) towards your hips. Squeeze your shoulder blades together at the top and repeat the whole process for about 8-10 reps.

## **9.Kettlebell Goblet Half Get Up**

Just like the kettlebell swing workout, so many people who use kettlebells prefer to skip ahead to moves that are more advanced. Instead of jumping right in with the Turkish get up which is quite complex, it is important that you understand that as a beginner, starting with half get up still offers you incredible core workout just like any other flexibility workout.

To do this, start by lying down on your back while holding the kettlebells by the horns. Inhale in softly into the belly while you brace your abs. Now, start performing sit-ups as you tuck your right foot towards your [butt](#) and then slide your left foot behind

you in such a way that you form something like a “shin [box](#)” while on the [floor](#). Ensure that both knees are bent at a right angle with both your feet facing away from each other.

Extend your hips as though you are bringing yourself to a standing position and then bring your left foot to the front again. Plant it to the ground so that the knee is at a right angle. Then turn the hind leg so that it points directly behind you as you finish on a lunge position. Reverse the whole motion as you come down to a lying position on the ground.

## **10. Kettlebell Halo**

One of the things that is important to note is that as you brace your body in the correct orientation while you [change](#) the position of the kettlebells, you have to stay alert and comfortable. Move the kettlebells in a circular motion around the body to form something like a halo. This will strengthen the core and prepare you for more rigorous exercises down the line. It also plays a critical role in exposing weaknesses as well as a lack of balance.

If you are not able to hand off the kettlebells behind you, there is a high chance that you will not be able to reach your buttock as

well. Therefore, if you are going to do the most basic shoulder halo, it is advisable that you stand with both your feet so that they are in between the hip and are shoulder-width apart. Hold the kettlebells upside down by the horns such that the bell faces upwards. Then root your feet to the ground as you draw your ribs down.

Begin to move the kettlebells around your [head](#) while ensuring that you keep an upright [posture](#) by not bending the torso in any direction. Now, start moving slowly to avoid hitting your head and make full circles while alternating the orientation.

## **11. Kettlebell Clean**

This is a very important exercise that targets the back, the glutes, and the hamstrings. Begin this exercise with the kettlebell on the floor. Ensure that it is positioned slightly in front of you in such a way that it lies in between your legs and at shoulder-width apart. Now, slightly bend your knees and hinge at the hips as you grasp the kettlebell. Then pull it back in between your legs using one hand such that the thumb points backward. This creates momentum.

Start driving your hips forward and keep your back as straightened as possible. This will help in initiating the upward movement of the kettlebells. Once the kettlebell goes above the [height](#) of the bellybutton, pull it back gently so that you can slide your fist around and under the bell. It will nestle softly at the back of your wrist, and this is referred to as the rack position. Finally, push the kettlebell out and allow it to swing down in between your legs. Repeat the whole process for three repetitions if you are a beginner.

It is important to note that, this exercise is even-handed. This means that you have to do equal amounts of repetitions on both sides to avoid developing injuries and imbalances. If you are new to this exercise, you will realize that it is more overpowering than the clean which essentially causes the bell to flip over and cause a bang on the wrist.

Rather than opening your hand, it is advisable that you focus so that you get it around the bell to avoid causing it to flip so that you can efficiently get the weight to the rack position without any [pain](#). Ensure that your trajectory is straight; therefore, do not swing the kettlebell to the right or left. Instead, swing the kettlebell up and pull the bell up and back towards you. Allow your lower [body](#) to perform most of the work in getting the bell in its rightful place.

## 12. Kettlebell Pistol Squat

When doing kettlebell exercises, there is so much demand placed on the knee, hips and ankle mobility while also requiring that they maintain stability during lifting. Considering that the pistol is purely a unilateral exercise of the legs, there is a high chance that any gap in movement is taken into account leading you to your weaknesses.

This means that you have to master the pistol by training your weak points so that you stay safe, strong and perform better at deadlifting, sprinting, [cleaning](#) and squatting. In short, all these translate to your overall [performance](#).

One of the greatest benefits of learning the pistol squat is boosting the mobility of the ankle. This is the movement that comes about when you pull your toes in the direction of your knees, when you have better dorsiflexion, the tibia, and the knee to move forward over the toes without necessarily causing the knees to rise above the ground.

To do this exercise, start by picking up the kettlebell using both your hands. Hold it against your chest but slightly below your neck region. Now, move one leg and then hold it off the ground. With the other leg, start to squat down as you bend one knee.



While you squat down, hold the kettlebell at the front of your chest and maintain that position when you get closer to the [floor](#). Use the force from your heel to push yourself back up so that you return to standing position. Repeat this exercise for about 3-5 reps if you are a beginner.

### **13. Kettlebell Jerk**

This is another overhead ballistic kettlebell lift that utilizes more leg power and less strength on the upper parts of the body compared to a push press. In other words, the kettlebell jerk is a powerful lift that allows one to perform as many reps as possible.

You can even get a heavier weight overhead when performing the kettlebell jerk than when doing the kettlebell push press. It also plays a central role in giving you more cardiorespiratory training. Therefore, in addition to the benefits that you get from the push press, the jerk helps you to lower the [stress](#) levels on the shoulder [joints](#) by simply engaging more leg power.

It needs more stability on the shoulders for the sake of fixation, and therefore, it has the potential to create incredibly stable

shoulders. As mentioned, it uses lower leg power, and this helps in developing [power](#) around the calves which in turn increases the ankle [joint](#) stability.

Before you can attempt the jerk, it is important that you master the overhead press and the push press first. This is because it will offer you the opportunity to perfectly get the bell path, train the body to fixate the kettlebell correctly, and practice the dip in a very simple lift. All these techniques are very important when learning the jerk technique. For you to get into the very first dip with your heels, the mobility of the ankles is key.

To catch the kettlebell is to get into a quarter overhead squat position, it is essential that you comfortably get into position with vertical arms. This is because, the exercise is more demanding on the mobility of your upper back, lower back and the shoulders as compared to the overhead lockout position.

The best test is for you to try doing a broomstick overhead squats. If you cannot get to a quarter squat position with vertical arms, then you have lots of mobility work to do before you can perform the kettlebell jerk.

Once you have everything ready, start by holding the kettlebell by the handle. Cling the kettlebell to your shoulders by simply

extending your hips and legs as you pull it towards the shoulders. As you do so, ensure that you are rotating your wrist such that your palm faces forward, and this will serve as your starting position.

Now, begin to dip your body by slightly bending the knees while maintaining the torso in an upright posture. Immediately start reversing the direction as you drive through the heels. In other words, you should jump to create momentum. As you do that, press the kettlebell overhead to lockout by extending your arms.

Use the momentum of your [body](#) to move the weight. Then receive the weight overhead by returning to a squat position under the weight and keep the weight overhead before you can return to a standing position. Lower the weight and repeat the whole process for about 3-5 reps if you are a beginner.

# CHAPTER 7

**BEGINNERS, INTERMEDIATE  
AND ADVANCED LEVEL  
KETTLEBELL WORKOUT PLAN**



# **Chapter 7: Beginners, Intermediate and Advanced level Kettlebell Workout Plan**

Just as we mentioned earlier, it is critical that you engage in kettlebell exercises that your body can handle. This means that, if you are just getting started as a beginner, you are not supposed to engage in high-intensity kettlebell workouts. Here, we have three levels that will help guide how you engage in exercises that are suitable for your strength and level of flexibility to avoid unnecessary injuries.



## **Beginner Level Kettlebell Workouts**

The main objective of this is to increase your muscular strength as well as endurance in a large number of [muscles](#) in the body. It also plays a significant role in boosting the performance of your cardiovascular system. The total time recommended lies between 15 and 45 minutes. Additionally, the total number of circuits to be performed in a single workout should be three. This is laid out in the table below;

<b>Kettlebell Exercises</b>	<b>Length of time</b>	<b>Important Notes</b>
Kettlebell Swing	1-3 Minutes	One thing that you have to remember here is to drive your hips forward smoothly but with <a href="#">energy</a> as you swing the kettlebell forward
Kettlebell Goblet Half Get Up	1-3 Minutes	Here, it is critical that you squat as low as you possibly can and then try to drive your hips back up through your heels
Kettlebell One-arm Row	1-3 Minutes	With this exercise, it is essential that you pull the kettlebells towards your tummy while ensuring that your spine maintains a straight posture (That is, the back straight and the chest out). Then keep your elbows tucked in
One-arm Overhead Press	1-3 Minutes	This is a great alternative to the common bench press we are familiar with. However, with the overhead press, it demands a compound wrist and movement of the arms
Kettlebell Halo	1-3 Minutes	As you exercise, one thing that you have to bear in <a href="#">mind</a> is to keep your lower back in its natural arch and to the pivot

## **Intermediate Level Kettlebell Workouts**

The main objective of this level of workout is to increase muscular strength and endurance. It is more difficult than the beginner level and can work the muscles three times as much. It also plays a critical role in boosting the performance of the cardiovascular system. The total amount of time taken here is estimated at 40 minutes. The total number of circuits to be performed at this level is three.

<b>Kettlebell Exercises</b>	<b>Length of time/number of repetitions</b>	<b>Important Notes</b>
Kettlebell Swing	12-15 minutes	Here, it is important that your glutes and hips drive the kettlebell forward instead of using your arms. The trick is to ensure that both the hips and the glutes are engaged throughout the exercise
Kettlebell One-arm Row	8-10 repetitions per side	Because you will have to do this for a couple of repetitions, it is important that you keep the spine at a neutral position throughout the exercise
One-arm Kettlebell Floor Press	8-10 repetitions per side	Remember to always turn your wrists towards the feet while pressing the kettlebell in the upward direction
Kettlebell Turkish Get Up	6-8 repetitions per side	This is quite a complex exercise that features a couple of movements. The most critical movement, in this case, is sliding the leg up in front of you so that it can offer you the support that you need while in a lunge position
Kettlebell Goblet Squat	12-15 minutes	Go as low as possible without allowing your tailbone to tuck under your butt.



## Advanced Level Kettlebell Workouts

The advanced level of kettlebell workouts is suitable for those that have gone through the first two levels we have discussed and have attained a strong level of flexibility and muscular strength enough to handle the advanced workouts.

This level does not only promote muscular strength and endurance, but it also pays closer attention to strengthening the core and boosting the cardio capacity. The recommended length of time taken engaging in this level per session is 40 minutes while the total number of circuits to be performed per workout is three.

<b>Kettlebell Exercises</b>	<b>Length of time/number of repetitions</b>	<b>Important Notes</b>
Kettlebell Windmill	8-10 repetitions per side	Because this is a challenging exercise, it is advisable that you start with lightweight kettlebells at first. When you raise the kettlebell overhead, it is critical that you keep your eyes fixated on the weight so that you maintained proper shoulder alignment
Kettlebell Deadlift	Aim for at least 15 repetitions	Here, it is important that you engage the core, tighten the glutes and keep your arms as straight as possible when raising the body. The best way to achieve this is also to ensure that you push up your feet. Do not try to pull the kettlebells up using your arms. Instead, allow it to come naturally with you as you bring your body to a standing position

Kettlebell Clean	15-18 repetitions	While doing the kettlebell clean, remember that the grip position is important. As you begin, ensure that you keep your knees bent as you reach down to grip the handle of the kettlebell using your right hand. It is also important that you keep your thumb behind you. While in a rack position, the kettlebell should rest on your forearm tucked closer to your body while your fist is held at the chest level
Kettlebell Split Jerk	4-5 per leg at first and gradually build it up to 8-10 as your <a href="#">fitness</a> level increases	If you are going to do this right, it is advisable that you master the clean and the overhead press first which form the most critical stages of this complex workout
Kettlebell Pistol Squat	4-5 per leg at first and gradually build it up to 8-10 as your fitness level increases	When going up to a standing position, ensure that you drive up using your heels

# CHAPTER

# 8

## TIPS AND TRICKS TO USE WHEN PERFORMING KETTLEBELL WORKOUTS



# Chapter 8: Tips And Tricks To Use When Performing Kettlebell Workouts

## Tips You Need To Perform The Kettlebell Swing

For you to perform the kettlebell swing we have discussed above, it is critical that you maintain the right posture as much as you can even though it is hard. Some of these tips will help you do it right;

- Load the heels and not your toes
- Try as much as you can to maintain a flat back throughout the exercise
- Ensure that you keep the shoulders in their sockets when lifting your chest
- Try not to hinge your lower back
- Take in deep and soft breaths when going up and breathe out nice and soft when coming down
- Stand tall throughout the entire exercise while squeezing your [abs](#)

## **Tips On How To Perfect The Single Leg Deadlift**

These include;

- Maintaining a tight grip while you keep the shoulder and your back aligned throughout the exercise.
- Ensure that you maintain the weight on the heel
- Instigate movements by simply moving one of your feet towards the back
- It is important that you try hard not to arch your lower back
- Come down slowly while maintaining control so that you do not rotate your hind leg lest you trip and fall
- Ensure that your movements go as far as you are comfortable without necessarily going beyond your limit of stability and flexibility

# Conclusion

Indeed, kettlebells have come a very long way from the time when they used as muscle-building tools for strongmen in Russia. Today, they are used as fitness tools by both men and [women](#) around the world. They are no longer just for building strength, but also endurance, [power](#), and [weight](#) loss. Therefore, instead of investing lots of [money](#) buying a treadmill, you can choose to lose weight with simple kettlebells that are quite inexpensive.

One thing that is important to note is that training with kettlebells is very advantageous. Not only you will be able to reach your fitness [goals](#), but also learn how to adopt a healthier lifestyle.

If you are looking for a [fitness](#) workout that is challenging enough and has a proven [track](#) record of benefits, then kettlebell training is the type of workout you have been looking for! They are not only inherently strength-based but also have the ability to challenge the muscles because all you are doing is lifting

[weights](#) but working a wide range of major muscles across the [body](#). The more weight you add, the stronger you become.

The good news with kettlebells is that you can use them for cardio too. Most kettlebell exercises involve hundreds of both major and minor [muscles](#) and [joints](#) in the body, it requires a great deal of [energy](#), and this means that the heart and the lungs have to be working very well to achieve this. When kettlebell workouts are programmed in some sort of circuit, they will promote both strength and cardio performance simultaneously.

It is because of this that kettlebell training is gaining popularity as a tool that also saves time while generating more results. If you are a kettlebell workout beginner, one thing that you have to bear in [mind](#) is getting proper instructions from someone who is certified.

Most beginners [thought](#) that they could do this alone at home without a trainer. However, if you lift weights without the proper form, you risk causing injuries. The main reason is also that most of the kettlebell exercises we have discussed in this training manual are complex and require practice and guidance from a certified expert trainer.

Once you have learned the kettlebell moves while using lightweights, you will begin to gain muscular strength, flexibility, and endurance. Eventually, you can move on to heavier [weights](#) as you become stronger and more efficient with kettlebells. The more challenging your workout is (as long as the [body](#) can handle it), the more the calories you will burn and the more [fat](#) you will burn.

If you realize that you are losing your form, feeling light-headed, [pain](#) or dizzy, it is critical that you stop exercising immediately. If you are suffering from any medical conditions, always ensure that you consult with your [doctor](#) before you can start kettlebell training. Also, notify your trainer of your medical conditions or injuries so that they can modify certain exercises to suit you and avoid further injuries.

So, what are you still waiting for? Get down to it and get back in shape.

Contact Us: [rtonglc@gmail.com](mailto:rtonglc@gmail.com)

A handwritten signature in black ink that reads "Richard Tong". The signature is written in a cursive, flowing style with a large, prominent 'R' and 'T'.