



# Kettlebell 1

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## Bent Over Row

Back



1 - Bend forward at your waist with your knees slightly bent, your back flat and holding kettlebells with your arms straight, palms facing in.

2 - Lift the kettlebells up to the sides of your chest.

- Lower the kettlebells back to a straight arm position, keeping your back flat throughout.

## Bottom Up Press

Shoulders



1 - Stand upright holding a kettlebell upside down by the handle at shoulder height with your elbow bent and your palm facing in.

2 - Press the kettlebell overhead, extending your arm fully, keeping your back flat and the bell upside down throughout.

- Complete all reps on one side before switching to the other side.

## Alternating Swing

Full Body



1 - Squat holding a kettlebell in one hand between your legs with your arm straight.

2 - Thrust your hips forward, swinging the kettlebell out and up to just over shoulder height with your arm straight and switch it to the other hand.

3 - Swing the kettlebell down in the other hand and repeat switching hands again at the top.

- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

## Clean & Press

Full Body



1 - Squat holding a kettlebell in both hands between your feet with your arms straight and your hips low.

2 - Thrust your hips forward, pulling the kettlebell straight up to your upper chest.

3 - Quickly push the bell overhead, extending your arms fully.

- Lower the bell back to the floor and repeat.

## Crunch

Abs



1 - Lie on your back with your knees bent and feet flat, holding a kettlebell in both hands at your upper chest.

2 - Lift your head and shoulders off the floor, keeping your knees bent and feet flat.

- Lower your head and shoulders and repeat.

## Deadlift

Legs



1 - Squat holding a kettlebell in both hands on the floor between your feet.

2 - Stand upright, lifting the kettlebell, keeping your arms straight and your back flat.

- Lower the kettlebell back to the floor, bending at your hips and knees.

## One Leg Stiff Leg Deadlift

Legs



1 - Stand upright holding kettlebells by your sides with your arms straight and one foot slightly behind the other.

2 - Raise the back leg straight up behind as you lower your torso and the kettlebells toward the floor.

3 - Keep the standing leg straight as you lower down, pushing off it to return to the upright position.

- Complete all reps on one side before switching to the other side.

## Overhead Swing

Full Body



1 - Squat holding a kettlebell in both hands between legs with your arms straight.

2 - Thrust your hips forward swinging the kettlebell out and up directly overhead with your arms straight.

- Allow the kettlebell to fall forward, guiding it back down along the same path and repeat.

## High Pull

Full Body



1 - Squat holding a kettlebell in both hands between your feet with your arms straight.

2 - Extend your hips and raise the kettlebell up to just below your chin, keeping your elbows above your hands.

- Keep the kettlebell close to your body.