



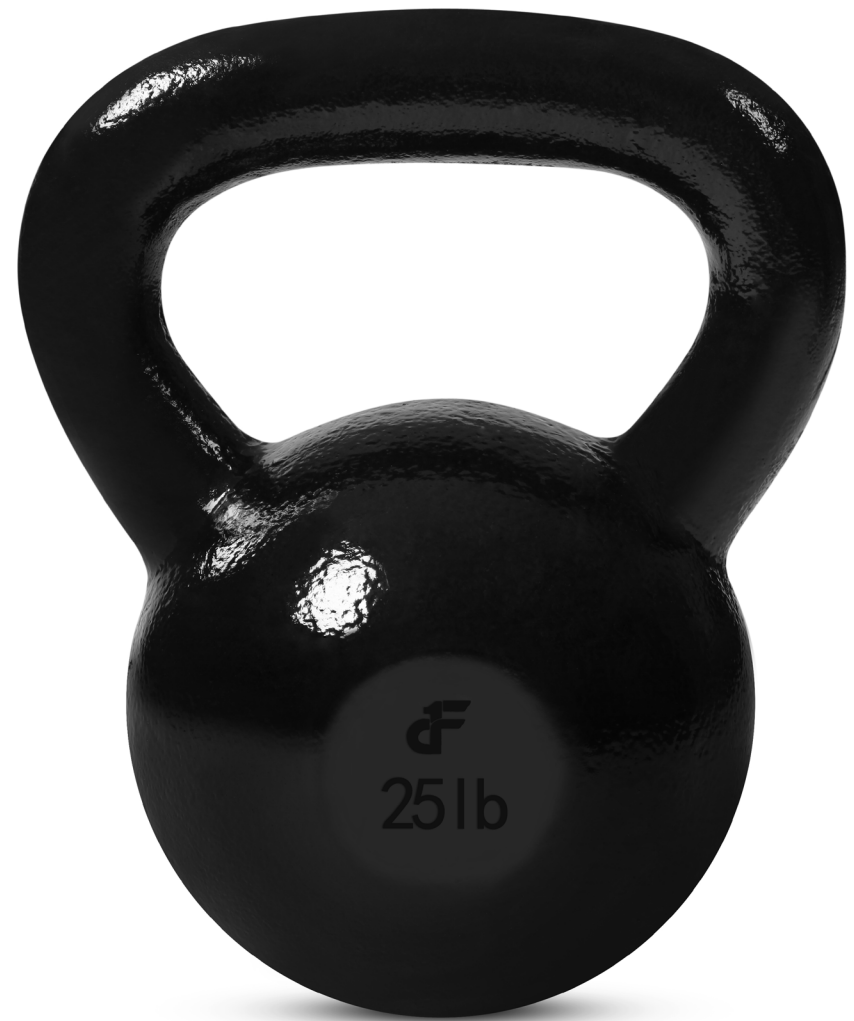
Day 1 Fitness Kettlebell Workout Guide



Let's get started!

Because many kettlebell exercises involve a lot of swinging moves, you need to make sure that you are handling it correctly to eliminate injury. Start with a lighter weight and progress into higher weights as you become more efficient and stronger.

In the interest of your safety, it is important to check with your physician before beginning any exercise program if you have a chronic health condition or injury. Always exercise according to your fitness level and capabilities. If you have any questions, please seek the guidance of a health professional.



Kettlebell Swing

- Holding a single kettlebell with both hands in an overhand grip place your feet a little wider than shoulder width apart.
- Head is up and chest is out.
- With arms fully extended and locked, let the kettlebell drop between your knees.
- Knees are slightly bent, spine is neutral.
- Hinging from your hips, explosively push your hips forward while contracting your glutes.
- The explosive movement from you hips, loaded hamstrings and contraction of glutes will propel the kettlebell up.
- Bringing the kettlebell only as high as your shoulder, activate your core, being careful not to lean back at the top of the swing. Let the kettlebell drag you back down to start position, repeat.



Kettlebell Snatch

- Standing with you feet slightly wider than shoulder-width apart, holding kettle bell in one hand using the overhand grip
- Arm is hanging down in front of your body positioned in front of your inner thigh.
- Start from a modified squat position and keeping the kettlebell close to your body, explode upwards while driving the kettlebell up overhead, lifting from your hips, not your arms
- Lead with your elbow, which is slightly bent.
- As it reaches your shoulders rotate your hand flipping the kettle bell and punching straight up so arm in extended overhead
- Control the kettlebell throughout the motion and into the flip so it does not slam into your wrist.

Kettlebell One Arm Plank Row

- In plank position, with one hand firmly planted on the floor the other holding a kettle bell.
- Back straight, glutes tight pull the bell straight up, elbows held close to your side.
- Lower and repeat.



Kettlebell Sit Up w/ Arm Extension

- Lying on your back, knees bent, feet planted on the floor, hold a kettle bell by the horns with both hands, resting it on top of your chest.
- Squeeze in you abs as you exhale into a seated position.
- Sit up nice and tall with neutral spine.
- Extending your spine press the kettlebell up and bring back to center chest and slowly, with control lower back down to start position.



Single Leg Deadlift

- Standing with a kettlebell in your right hand, lift your left foot slightly off the floor.
- With your back neutral, lean your entire torso forward while raising your left leg, staying in line with your body.
- Keep the chest and hips squared to the floor, let the kettlebell lower toward the floor.
- With your back straight, return upright, trying not to touch your foot back to the floor while coming to your starting position.
- Balancing completely on your standing leg.



Pullover

- Lying on a bench, knees bent, feet flat on the bench, grab a kettlebell in both hands and hold it straight overhead.
- Keep your lower back flat on the bench, do not arch while performing this exercise.
- Lower the kettle bell behind you being careful not to fold your wrist backward.
- Pull your shoulders down and back and lower as far back as the overhead position.
- Raise back to start.

