The American College of Sports Medicine recommends 2-3 days per week of strength training plus, non-consecutive days of the week, and cardiovascular training 3-5 days per week for at least 30 minutes. This exercise program is performed with a kettlebell and builds strength and improves cardiovascular endurance, if performed at a fast pass. There is a beginner and an advanced workout; if you are not familiar with kettlebells start with the beginner workout and gradually advance to the advanced workout. American College of Sports Medicine's stats that once your muscles have adapted and 12 reps can be performed easily, you can progress to the advanced workout. Progression can happen two ways: 1. Increase weight that allows you to perform a maximum of 12 reps (no significant muscle fatigue and the last rep is difficult) 2. Increase the number of sets.

**If you are over the age of 40 and not accustomed to vigorous activity and/or have a medical condition please check with your Physician before starting a workout program.**

These exercises can be performed for reps: 2-3 sets of each exercise. 8-12 reps

**What is needed:**

1. One kettlebell
2. Water

**Safety Tips:**

1. Train in an area that is spacious and free of clutter to prevent property damage and or injury
2. If kettlebell is rubber, train on a surface that does not allow the bell to bounce.
3. Good technique
   A). **DO NOT** bend your wrist.
   B). Train at your current level of flexibility (range of motion).
   C). **DO NOT** sacrifice form to increase the number of reps. If proper form can not be maintained during a rep, release the bell to the floor, in a controlled manner. Be aware of where the bell will drop, watch out for feet (yours and others).
4. Select appropriate weight (weight that will allow 8-12 reps)
5. Always practice safety, no matter the weight of the bell. This will help you create good habits.
Beginner Workout

Swing:
(Targets – Lower body and hip extension)

1. Start by placing bell on the floor and standing a foot behind the bell.
   Stance:
   - Feet slightly wider than shoulder width
   - Squeeze shoulder blades together. Open chest.

2. Squat (sit back, similar sitting in a chair) and grab bell with both hands and swing bell back between legs.
   Form:
   - Keep back straight (not rounded)
   - Keep weight in heels (can you lift your toes?)
   - Keep focus straight ahead

3. Swing bell to chest level **(NO HIGHER than chest level)**
   Form:
   - Straight relaxed arms. Your arms only hold the bell.
     - Arms DO NOT lift the bell.
   - Drive hips forward.
     - **Hips do ALL the work.**
   - Bell should be in line with your arms and wrist.
     - DO NOT bend wrist

4. Once the bell is at chest level, reverse the swing and the bell will swing between your legs and then up to chest level

**Check your form: Two lines**
1. Head, upper body, and legs
2. Arms and kettle bell
**Sumo Deadlift:**

1. Start by centering the bell on the floor between your feet.
   - **Stance:**
     - Feet slightly wider than shoulder width
     - Feet turned out and knees slightly bent

2. Bend (at the hips) forward and grab the bell with both hands.
   - **Form:**
     - Keep back straight (not rounded)
     - Keep weight in heels (can your lift your toes?)
     - Keep knees over ankles (feet turned out so knees are facing the same direction the feet are pointing)
     - Keep focus straight ahead

3. Straighten your knees and hips and pick up the bell.
   - **Form:**
     - Arms are straight and loose
     - **Legs do ALL the lifting**

4. Repeat from step 2
Kettle bell Clean:

1. Start by standing over the bell.  
   (see step 1 photo of Swing exercise) 
   Stance: 
   Feet shoulder width apart 
   Squeeze shoulder blades together. Open chest. 

2. Squat (sit back, similar to sitting in a chair) and grab the bell with one arm and swing the bell back between your legs. 
   Form: 
   • Keep both shoulders square. **DO NOT** drop one shoulder when you pick up the bell. 
   • Keep back straight (not rounded) 
   • Keep weight in heels (can you lift your toes?) 
   • Keep focus straight ahead 

3. Swing bell to chest level (**NO HIGHER than chest level**) and pull bell towards your body (**Shoulder height**) 
   Form: 
   • Keep arms loose 
   • Drive hips forward 
   • **DO NOT** bend your wrist 
   • The bell should roll over the forearm. **DO NOT** let the bell crash into your forearm. 

4. The bell, elbow, and torso are aligned. 
   Form: 
   • Keep both shoulders square and pressed down. **DO NOT** lift shoulders up toward ears. 
   • Squeeze armpit 
   • Tricep is touching ribcage 
   • The bell is positioned between forearm and bicep 
   • Keep abs tight and exhale (once bell is positioned on the arm) 
   ** ***DO NOT BEND YOUR WRISTS*** 

5. Reverse the clean and bell is by your side 

6. Repeat from Step 3 

**Control the bell when you pull it towards your body. **
**DO NOT let the bell hit the chest. **
Kettlebell Press:

1. Clean the kettlebell to shoulder
   (see step 1 photo of Swing exercise)
   ****Same form as described in Kettlebell Clean****
2. Hold bell at shoulder for a few seconds
   - Keep shoulders pressed down (do not lift toward ears)
   - Do this to diminish the momentum produced by the clean.
   - Keep focus straight ahead
   - **DO NOT** bend your wrist
3. Press bell up
   Form:
   - Think of pushing yourself away from the bell instead of pressing the bell up
   - Keep knees locked
   - Grip the floor with your toes
   - Contract thigh muscles to lift kneecaps
   - **DO NOT** let lower back arch
     - Squeeze midsection and glutes
   - As you press the bell, squeeze free hand in a fist or squeeze a small ball in your hand
     - Especially when your arm is fully extended above your head
   - Hold the bell over your head, motionless, for a few seconds
4. Bring the bell back to starting position (at shoulder height)
5. Repeat from Step 3
**Front Squat with Kettlebell:**

1. Stand with feet shoulder width apart holding the kettlebell with two hands (by the horns or the bell) and squeeze shoulder blades together
   - Feet are parallel to one another
2. Squat (sit back, similar to sitting in a chair) while holding the bell in front of you
   **Form:**
   - Keep back straight (not rounded)
   - Keep weight in heels (can you lift your toes?)
   - Hamstrings should be parallel with the floor
   - Keep focus straight ahead
   - **DO NOT** let knees bow in (roll onto your arch) need **FLAT FEET** and keep knees over ankle
3. Once hamstrings are parallel with floor, press heels into the floor and straighten legs and return to standing position and repeat from the first step
Advanced Workout

SWING:

1. Start by placing bell on the floor and standing a foot behind the bell.
   Stance:
   • Feet slightly wider than shoulder width
   • Squeeze shoulder blades together. Open chest.
2. Squat (sit back, similar sitting in a chair) and grab bell with ONE hand and swing bell back between legs.
   Form:
   • Keep back straight (not rounded)
   • Keep weight in heels (can you lift your toes?)
   • Keep focus straight ahead
3. Swing bell to chest level (NO HIGHER than chest level)
   Form:
   • Straight relaxed arm. Your arm only holds the bell.
     ◊ Arm DOES NOT lift the bell.
   • Drive hips forward.
     ◊ Hips do ALL the work.
   • Bell should be in line with you arm and wrist.
     ◊ DO NOT bend wrist
4. Once the bell is at chest level, reverse the movement and bell will swing between legs (step 2). Repeat from step 2

***Check your form: Two lines***
1. Head, upper body, and legs
2. Arms and kettle bell
**Sumo Deadlift: ** **Use heavier bell OR use with 2 bells**

1. Start by centering the bell on the floor between your feet.
   **Stance:**
   - Feet slightly wider than shoulder width
   - Feet turned out and knees slightly bent

2. Bend (at the hips) forward and grab the bell with both hands.
   **Form:**
   - Keep back straight (not rounded)
   - Keep weight in heels (can your lift your toes?)
   - Keep knees over ankles (feet turned out so knees are facing the same direction the feet are pointing)
   - Keep focus straight ahead

3. Straighten your knees and hips and pick up the bell.
   **Form:**
   - Arms are straight and loose
   - **Legs do ALL the lifting**

4. Keep bell in hands and repeat
**Clean and Press:**

1. Repeat steps and form for the clean

**Control the bell when you pull the it towards your body**
**DO NOT let the bell hit the chest.**

2. Standing (with bell at shoulder) press the bell above your head

   Form:
   - Think of pushing yourself away from the bell instead of pressing the bell up
   - Keep knees locked
   - Grip the floor with your toes
   - Contract thigh muscles to lift kneecaps
   - **DO NOT** let lower back arch
     - Squeeze midsection and glutes
   - As you press the bell, squeeze free hand in a fist or squeeze a small ball in your hand
     - Especially when your arm is fully extended above your head
   - Hold the bell over your head, motionless, for a few seconds

3. Reverse the press and return the bell back to shoulder
4. Then straighten the elbow to place the bell down by your side with a straight arm.
5. Repeat from step 1B.
Front Squat with Plank:

**Use heavier bell**

1. Stand with feet shoulder width apart holding the kettlebell with two hands (by the horns or the bell) and squeeze shoulder blades together
   - Feet are parallel to one another
2. Squat (sit back, similar to sitting in a chair) while holding the bell in front of you
   Form:
   - Keep back straight (not rounded)
   - Keep weight in heels (can you lift your toes?)
   - Hamstrings should be parallel with the floor
   - Keep focus straight ahead
   - **DO NOT** let knees bow in (roll onto your arch) need **FLAT FEET** and keep knees over ankle
3. Once hamstrings are parallel with floor, set the bell on the floor
4. Perform a squat thrust
   Form
   A. Place hands on each side of bell and jump feet back together in a plank position
      Keep spine straight. **DO NOT** let hips drop.
   B. Jump feet back into squat position
      Sit back
      Keep weight in heels
      Focus straight ahead
   C. Grab bell with both hands and stand up
      Drive hips forward
      Keep arms straight
5. Repeat from step 2
Works Cited

