

INTENSIFY YOUR HOME WORKOUTS

KETTLEBELL



Get better **full-body strength and conditioning** and expend more energy when compared to other forms of weight training, which helps you burn more calories with every workout!

HOW TO DO IT

Start with 3 sets of 6 reps per exercise until you have mastered the movements. Continue to add reps until you can perform 12 per set.

THE WORKOUT

- 1 Kettlebell swing
- 2 Single-arm clean and press
- 3 Goblet squat
- 4 Lunge with pass through
- 5 Off-set farmer's carry
- 6 Alternating one-arm swing with pass
- 7 Kettlebell arm complex
- 8 Kettlebell windmill
- 9 Single-arm overhead squat

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Move #1:

Kettlebell swings



A

Hinge at the hips and push back your glutes while keeping your back straight. **Pull your shoulders back and down.**



B

Pull the kettlebell back so your hands go between your legs, until you **feel tension in your hamstrings.**



C

Contract your glutes and hamstrings forcefully to drive your hips forward. Extend your hips, using the momentum that this movement generates to drive the kettlebell up and forward into the swing. **Extend your arms as the 'bell travels up to about shoulder height.** Let the kettlebell fall back between your legs and repeat the movement.



Level-up your home workouts with an innovative and versatile Dis-Chem Living Fit adjustable 'bell.

'bell

A kettlebell's unique dimensions, with its round weight, horns and handle, offers a variety of grip options. Depending on the grip used in an exercise, the kettlebell can create a longer lever arm, which requires more force to move it the same distance compared to a dumbbell of equal weight.

Move #2:

Kettlebell single-arm clean and press

The clean and press movement is essential to master as it's used in a variety of movements to lift the kettlebell overhead



A Start with a kettlebell placed between your feet. Position your legs wider than hip-width apart, with a slight bend in your knees.

B Lower your hips and grab the handle with one hand using an overhand grip. **Deadlift the kettlebell off the floor and continue to pull it up until it reaches chest level.**

C With your elbow tucked in at your side, rotate your arm out, **then press the kettlebell overhead.** Reverse the movement to return the kettlebell back down to the ground to complete one rep.



'bell

The handle shape also alters the kettlebell's centre of gravity. These unique dimensions impose a unique type of resistance on the body that activates more muscles during each rep, including your deep core muscles as the body stabilises itself and controls the movement of the kettlebell.

FORM TIP: Extend your knees out in the same direction as your toes, which should be pointed out slightly.



Move #3:

Goblet squat

A Stand holding a kettlebell by the horns close to your chest. Position your feet slightly wider than shoulder-width apart. *Keep your core engaged as you squat down.*

B Slip your elbows between your knees. Keep your chest and head up and your back straight throughout the movement. *Drive up through your heels and extend your knees and hips to return to the starting position.*

Move #4:

Lunge with pass through

A Stand upright holding a kettlebell in one hand. Step forward with your opposite foot and lower yourself down by flexing the hip and the knee of your leading leg.

B Allow the trailing knee to drop down until it nearly touches the ground. *As you lunge, pass the kettlebell under your bent leading leg to your opposite hand.* Press through the heel of your leading foot and extend your knee and hip to return to the starting position. *Repeat the movement on the other side in an alternating fashion.*

FORM TIP: Keep your torso upright throughout the movement.



NEVER LIFT A KETTLEBELL THAT IS TOO HEAVY TO CONTROL.

BURN MORE CALORIES WITH EVERY WORKOUT!

Move #6:

Alternating one-arm swing with pass



A

B

C

A Grab the kettlebell handle with one hand. Perform a kettlebell swing to **drive the 'bell up to chest height**, until your arm is parallel to the ground.



B At the top of the swing, **switch the kettlebell to your opposite hand.**

C Allow the kettlebell to drop back down under control. Allow the kettlebell to fall between your legs before executing the hip extension to repeat the movement. *Each swing counts as one rep.*

Move #5:

Off-set farmer's carry

Clean and press a kettlebell into the overhead position. Stand with a tall upright posture.

Using normal strides walk forward while maintaining your posture and form. Swap the 'bell over to the other arm, turn around and walk back to the starting position.



FORM TIP:

Stand tall, keep your shoulders back and avoid bending to the side.

FORM TIP:

Do not round or hyper-extend the lower back.

Move #7:

Kettlebell arm complex

A Stand upright with your feet placed shoulder-width apart. Hold the kettlebell on the horns with a neutral grip.



B&C Curl the kettlebell up to your shoulders. Press the kettlebell overhead.



D From this position, flex your elbows to lower the kettlebell back behind your head. Press the kettlebell back up and then lower it back down to the starting position to complete one rep of the complex.



Key points to remember when training with kettlebells:

Never lift a kettlebell that is **too heavy to control**.

If a rep goes wrong, make sure your **feet are out of the way**.

Never train on an incline. **Flat surfaces** are best.

Ensure you have **enough space around you** to swing before starting.

Don't use weight training gloves.

Be aware of **approaching and parking the kettlebell** – most injuries occur at the start or end of movements.



Move #8:

Kettlebell windmill

A Clean and press a kettlebell overhead with your right arm. Adopt a wide stance with your feet pointing out at a 45-degree angle.

B *Keep your loaded arm locked out as you push your hip out in the direction of the locked-out kettlebell.* Continue to lean over until you can touch the floor with your free hand. *When your free hand touches the ground, reverse the motion back to the starting position.*

Move #9:

Single-arm overhead kettlebell squat

A Clean and press the kettlebell into the fully extended overhead position. *Maintain alignment in your head, neck and spine, with your head up and your gaze cast forward.*

B *Descend into a deep squat.* Ensure your feet maintain complete contact with the floor through all phases of the squat, with an equal distribution of weight through your forefoot and heel. *Press through the heel and forefoot to return to the upright position.*



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