



Introduction to Kettlebell Training

It is time to start training the old school way, and get back in touch with natural desire that has been locked away for years. Thanks to strength coach Pavel Tsatsouline, fierce and effective training is back in the form of kettlebell training.

What is a kettlebell?

Imagine a cannon ball with a handle on it and you have an idea of what a kettlebell looks like. A kettlebell is made of iron that comes in several sizes: 4kg, 8kg, 16kg, 20kg, 24kg, 32kg, 40kg and for super strong men and women 48kg (The Beast)!

Standard weight training exercises can be done with a kettlebell such as: bench presses, rows, squats, deadlifts, and curls.

What are the Benefits of training with a Kettlebell?

The unique value of kettlebells is derived from ballistic (fast exercise) work such as: Swings, Clean, Jerk, and Snatches. As well as giving you incredible muscular endurance when done in high repetitions, with a proper nutrition plan any excess fat that you have will dissolve off rapidly.

As well as ballistic exercises, there are many other exercises that can be performed with are kettlebell that can be beneficial such as: Bench Press, Sea-saw Press, the Turkish get-up, Bent Press, and Windmill will develop a rock-hard midsection and increase shoulder flexibility and stability. As a result kettlebell training is being used all over the world for rehab.

If you are looking to increase size and strength, try doing some of the following kettlebell exercises: Windmills, Double Clean and Press, Renegade Rows (with Push Ups), Double Front Squat, Double Swing, and the Double Clean. However, if you are looking to lose weight and tighten up your glutes, quads, abs, and arms, apply a steady routine of kettlebell training ballistic work with some low rep kettlebell training strength work and you are all set.

Why use a Kettlebell for the above exercises?

You may be aware that you could do all of the above exercises with dumbbells. While this is true, for those that have had the pleasure of using both will tell you that kettlebells are much harder to handle and in this case, harder is much better.

In most cases, kettlebell handles are much thicker than dumbbells and will give you a vastly increased grip strength in no time. Also, you are forced to use more of your stabilising muscles during exercises because of the off-centred weight of a kettlebell, and works the targeted muscles through a larger range of motion.

Another advantage of a kettlebell is that when used, the arm is locked into the weight during exercise. Also, during repetitive exercises, the ball will strike the forearms thus strengthening the tendons and ligaments of the arms, shoulders and the wrist. The equivalent weight of a kettlebell is much more difficult than a dumbbell.

For combat athletes and anyone else that likes it tough, the ballistic shock of kettlebells teaches you how to absorb shock efficiently which is critical for combat sports such as: Mixed Martial-Arts (MMA), Wrestling, Rugby, and Hockey.

The following is a sample kettlebell Program for Beginners:

	Exercise	Sets	Reps	Notes
A1	2 Handed Swings	3	10	
A2	1 Handed Swings	3	10	Each Hand
A3	1 Arm Clean	3	5	5 Each Hand
A4	Turkish Get-Ups	3	3	3 Each Side
A5	1 Arm Military Press	3	5	5 Each Side
A6	Front Squats	3	10	Slow and Controlled
A7	Single Leg Deadlifts	3	10	10 Each side

[Rest for 2 Minutes between Sets]

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Contact Riz for further information!