

Kettlebells #1

Set the timer :- 30 seconds on - 30 seconds off. You will perform the kettlebell swing between each exercise - yes...you got it.....that's a lot of swings! After you have finished, repeat the circuit once more! As a beginner I would recommend buying a set of kettlebells of 4kg, 6kg, 8kg. If you have a range of weights you can change for exercises you feel you can lift more.

The kettlebell swing is a movement also referred to as the 'hip snap action' - power generated through the hips is transferred to the kettlebell to drive it in an upward arc. A dynamic hip extension is necessary to produce the required power and acceleration. At the same time the ankle, knee and torso assists. The kettlebell needs to stay in the zone between your groin and knees.....don't bend your knees in to a squat too much, you want to feel the kettlebell hit your buttocks as you swing through, look ahead at all times and keep arms relaxed and elbows off lock.



1. Figure of 8



5. Lunge Twists



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30 seconds on 30 seconds rest

If you prefer you can perform each exercise for 10 reps. For exercises using one side perform for the time set on that side, then go to kettlebell swings and back to the other side before moving on to the next exercise. Aim for 2 rounds.

2. Shoulder Press



4. Squat to Press



3. One legged deadlift



Information Zone:-

1. Do not use kettlebells if you are pregnant, post-natal, or suffer from arthritis, hypertension, severe osteoporosis, obesity or structural abnormalities
2. Good posture awareness is essential, correct activation of core muscle is essential for safe kettlebell training
3. A kettlebell workout helps to increase cardio fitness, flexibility, hypertrophy and training the posterior chain
4. This workout will get your heart rate up to 70-90% of MHR
5. Works the whole body through different planes of movement
6. Don't forget to warm up, cool down and stretch with every MyFitZone workout

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