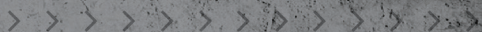


PORTABLE  
KETTLEBELL



## PKB™ TRAINING GUIDE



PORTABLE

TAKE IT ANYWHERE

ADJUSTABLE

CHOOSE YOUR WEIGHT

VERSATILE

IT'S MORE THAN JUST A KETTLEBELL

SAFE

ON YOU, AND ON YOUR FLOORS

A NOTE FROM

TEAM

PKB



We love to move. We love to laugh. We love to share our passion with others. At PKB, we couldn't be any happier to share this passion with you. As you dive into exploring your PKB, there is no doubt that you're going to love it! Whether you're an Olympic-level competitor or someone looking to get off the couch, the PKB is for you.

It's no small wonder that we are HUGE PKB fans. We hike with our PKBs, travel with them, and have them hanging out at both homes and offices. Sure, we all enjoy various activities outside of kettlebell training. But when it comes to getting a great workout, whether at home or on the road, there just isn't anything that compares to our PKB. Push, Pull, Swing, Carry, Throw. There's not much that can't be done with it.

We hope you feel the love pouring out of this box. You'll find our 6 favorite movements included in this guide, along with a great full-body workout you can do anywhere. Stick with the movements and you'll increase strength, decrease that waistline, and be feeling great in no time. Remember that your PKB has variable weight. Start with a manageable weight and cherish the moments you decide to add a little more weight, as you're getting stronger.

**EDITOR'S NOTE: Flexing in front of the mirror is mandatory when increasing the weight of your PKB.**

**HOW TO****FILL & CLOSE****PKB****STEP 1:**

Fill your PKB to desired capacity.

**STEP 2:**

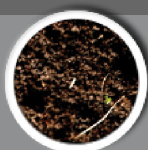
Fold the stitched seam OVER the plastic-backed seam.

**STEP 3:**

Tightly roll down a minimum of three (3) times.

**STEP 4:**

Clasp quick-release buckle closed and tuck beneath PKB handle.

**SAND****\* WATER****DIRT****ROCK**

**\* *DISCLAIMER: DO NOT fill your PKB directly with water unless you are using a PKB Water Bladder.***

**BEFORE****YOU START****PKB**

Consult your physician before starting work with the PKB or any other exercise equipment or related exercise programs. The instructions and advice presented are not intended to be a substitute for a medical doctor's advice.

Using PKB or any other exercise equipment or program may result in injury. Any user of this device and it's related accessories, and it's related exercises and programs assume the risk of injury resulting from any use of the equipment of performing any exercises shown. Read all the instructions in this manual to learn how to properly use your PKB.

PKB is not a medical device and shouldn't be considered as such. Benefits described in PKB-Approved media, presented in good faith, are based on anecdotal observations by and personal experience of PKB staff, affiliates, and friends.



**РКВ**

# TIP 1

**WHEN USING YOUR  
PKB ALWAYS KEEP  
FEET FLAT ON THE  
FLOOR. DO NOT LET  
YOUR HEELS COME  
OFF THE FLOOR.**



# TIP 2

**WHEN IN THE DOWN POSITION, YOUR BACK SHOULD BE FLAT, WITH YOUR BUTTOCKS OUT BEHIND YOU IN A SLIGHTLY SEATED POSITION.**



## TECHNIQUE

## TIPS



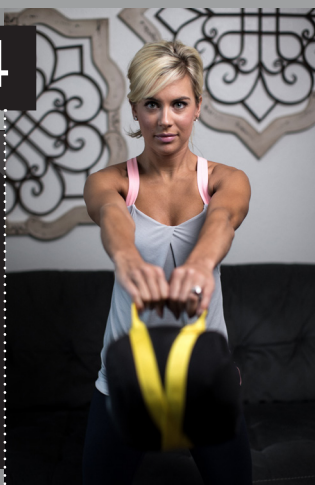
## TIP 3



**REMEMBER, KNEES SHOULD BE SLIGHTLY BENT AND IN LINE WITH, BUT NOT OVER, YOUR FEET AND TOES.**

## TIP 4

**WHEN SWINGING, ARMS SHOULD BE FULLY EXTENDED. THINK OF THEM AS ATTACHMENTS BETWEEN YOUR BODY AND THE KETTLEBELL.**



## TIP 5



**ALWAYS KEEP YOUR HEAD AND EYES IN A NEUTRAL POSITION, IN LINE WITH YOUR SPINE. NEVER LOOKING UP OR DOWN.**

**РКВ**



## BASIC 6

### MOVEMENTS

PKB

START

FINISH



PKB SWING

START

FINISH



PKB HIGH-PULL



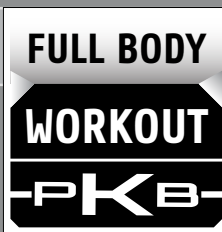
## BASIC 6

### MOVEMENTS

PKB







Perform each pair of movements as a superset\*, completing 3 rounds of the first (A1 + A2) before performing the second (B1 + B2) and so on. A1, B1, and C1 are strength movements and should be performed slowly and with control.

A2, B2, and C2 are power movements and should be performed more explosively. Rest 60 seconds after each power movement.

\*A superset is combination of one exercise performed right after the other with no rest in between. For example, superset (A1 + A2) means you would start with (10) Squats, followed by (20) High-Pulls, resting before you start set number two.

WARM UP	SETS	REP / TIME
BODY WEIGHT SQUAT	2	15 SECONDS
JUMPING JACKS	2	30 SECONDS
ARM CIRCLES	2	30 SECONDS
ALTERNATING LUNGES	2	30 SECONDS
TRUNK ROTATIONS	2	10 / SIDE
MOVEMENT	SETS	REPS
A1) PKB SQUAT	3	10
A2) PKB HIGH-PULL	3	20
B1) PKB DEADLIFT	3	10
B2) PKB SWING	3	20
C1) PKB LUNGE	3	20 / SIDE
C2) PKB TWIST	3	20 / SIDE



[portablekettlebells.com](http://portablekettlebells.com)

2727 Bryant Street #450 | Denver, CO | 80211