

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



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 we're 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 them.

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 is weight adjustable. Start with a manageable weight and cherish the moments you decide to add a little more as you're getting stronger.

EDITORS NOTE: Flexing in front of the mirror is mandatory when increasing the weight of your PKB.

HOW TO

FILL & CLOSE



Fill your PKB with nearly anything you want! Simply avoid filling with materials that have the potential to puncture or scrape the inside of your PKB; with tensile strength of greater than 1400lbs, your training weights are limited only by the capacity of your PKB.

SAND



WATER



DIRT



ROCKS



***DISCLAIMER: DO NOT fill you PKB directly with water unless you're using a PKB TANK Water Bladder.**

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.

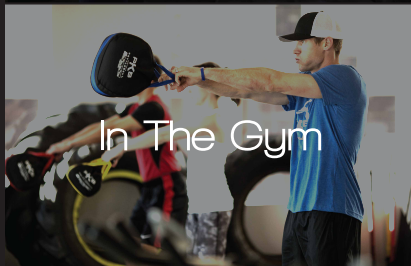




Consult your physician before starting work with the PKB or any other exercise equipment or related exercise programs. The instructions and advice presented are not intended to be a substitute for a medical doctor's advice.

Using PKB or any other exercise equipment or program may result in injury. Any user of this device, it's related accessories, or it's related exercises and programs assumes the risk of injury resulting from any use of the equipment from 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 are presented in good faith and based on anecdotal observations by and personal experience of PKB staff, affiliates and friends.





Do:

- Maintain a straight back with a neutral head position.
- Focus on driving your hips up and forward by driving through your heels.

Don't:

- DO NOT allow the back to round or arms to bend during the exercise.

Tip: Change the width of your stance to add variety to your workouts.



Do:

- Keep your chest up with the PKB firmly rested against it.
- Maintain heel contact with the floor at all times.

Don't:

- DO NOT allow the knees to travel over the toes.

Tip: If you experience knee pain during the exercise, try sitting back into a chair to help keep the weight back into the hips and insure heel contact with the floor.



Do:

- Maintain heel contact with the floor at all times.
- Focus on pushing your hips back during the down swing.

Don't:

- DO NOT allow the wrist to travel below the knee line.

Tip: Try alternating hands at the top of the swing pendulum for an added challenge.



Do:

- Forcefully extend the legs to begin the movement before pulling with your upper body.
- Keep the PKB close to your body while driving the elbow upward.

Don't:

- DO NOT allow your hands to travel higher than your elbows during the exercise.

Tip: Progress to a 1-Handed High Pull once you get comfortable with two hands.



Do:

- Use the same arcing swing motions as you use during the swing.
- Catch the PKB in the "rack position" between your wrist and bicep.

Don't:

- DO NOT allow the wrist to bend or "break" when catching in the rack position.

Tip: Once your form becomes smooth and fluid, try integrating a full body combination into your workouts by adding an overhead press between each swing clean.



Do:

- Start in a "rack" position with the arm and PKB resting firmly against your chest.
- Keep your wrist straight and locked with your thumb pointing towards your body.

Don't:

- DO NOT over rotate your palm forward while pressing over head.

Tip: Focus on trying to keep your elbow directly under the PKB throughout the exercise and completely "lockout" directly over the shoulder.

BASIC 6

MOVEMENTS

PKB



Do:

- Press the PKB off your chest into a "locked out" position before sitting up.
- Slowly return to the floor while keeping your arms in the overhead locked out position.

Don't:

- DO NOT pull your chin to your chest, maintain a neutral neck position through the entire movement.

Tip: Deeply exhale as you slowly return to the floor over a 3 count tempo for maximum effectiveness.



Warm up before each workout and perform the following:



3 Rounds

- (A1 + A2) - no rest in between A1 and A2 (superset)
- Rest 60 seconds

3 Rounds

- (B1 + B2) - no rest in between B1 and B2 (superset)
- Rest 60 seconds

3 Rounds

- (C1 + C2) - no rest in between C1 and C2 (superset)
- Rest 60 seconds

3 Rounds

- (D) Rest 60 seconds in between each round.

NOTE: 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.

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	10 / SIDE
C1) 1 ARM OH PRESS	3	10 / SIDE
C2) 1 ARM CLEAN	3	10 / SIDE
D) CHEST PRESS SIT-UP	3	20



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