

YORK FITNESS kettlebell exercise programme

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1 Focus on abdominal area. Advanced Twist Crunch



Have feet in the air with knees bent.

2 Focus on legs, and shoulders. Clean and Shoulder Press



Start with the KB on the floor. Squat over the KB and hold the handle. Accelerate up with the legs whilst also moving the KB up the body with the shoulder movement. Rotate the wrist and KB to the outside of the shoulder. Press the KB straight up with the KB resting on the back of the wrist.

3 Focus on abdominal area. Ab Crunch



Hold the KB by the Bell section. Feet flat on the floor holding the KB in a static position use your abdominals to lift you and the KB. Use a weight that is comfortable.

4 Focus on legs, lower back and shoulders. The Double Dead Lift Clean



Hold the KB by the handles. Start with Kettle Bells out in front at 45 degrees, thumbs facing to the back. Pull the KB behind and between the legs - swing forward extending the hips, rotating the wrist and pull KB's to the side into a Rack position KB's on the outside of the wrist, elbows in.

5 Focus on legs, back and shoulders. Squat and High Pull



This is a dynamic exercise letting the KB swing slightly as it moves up the front of the body. Squat down and using hips and legs as you drive through pull, elbows up high and back. Use momentum in the hips and legs to move the KB upwards. Return to the squat position in pic 2 and repeat under control.

9 Focus on legs, and shoulders. Lunge and Press



Start with the KB to the right side holding by the handle. Take a large lunge step forward with the right leg. Before you complete the lunge, press up with the KB. Return to the start position - change over and complete on the other side. Variations can be performed with opposite hand and leg being used.

6 Focus on legs, core, back and shoulders. The Swing



Deadlift the KB into a standing start position. To start the swing - push hips forward to gain momentum pushing the KB forwards. Then letting the KB swing backwards bend knees and let KB move between the legs. Push forwards using hip power - legs - back and glutes keeping the arms straight and relaxed. Let the KB SWING but stay in control moving the KB to chest height.

10 Focus on quadriceps, glutes and hamstrings. Double Kettlebell Squat



Bring the KB into the Rack start position with KB to the side. Keeping a straight back, bend at the knees into a squat position. Go down as far as your range of movement will allow staying under control. Return back to the start position.

7 The Windmill



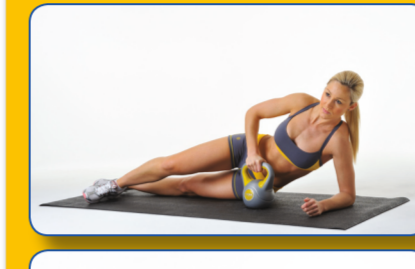
Start with the KB on the floor and perform a clean and press (in this case on the right side). Turn the feet to the opposite direction (to the LEFT) 45 degrees. Push the hips to the right. Keeping the arm with the KB straight - rotate through the waist allowing the free hand to move towards the floor. Keep looking toward the KB and go to your own range of movement. Then Reverse these movements back to the start position.

8 Focus on back of the arm tricep. Tricep Extension



Holding the KB by the mass with thumbs around the horns for secure grip. Keep elbows to the side of the head and allow the KB to go down behind the head under control. Straighten the arms again working the tricep muscles in the rear of the arm.

11 Focus on core muscles arms and shoulders. Abs - Side Bends



Start on your side and support your body weight on the elbow. Lift hips keeping them stacked one on top of the other. Keep core and abdominals and back tight. Press up with the KB. Reverse the movement back to the start under control.

12 Focus on arms and shoulders. Front Shoulder Press



Hold the KB on the Horns - keeping knees bent and good posture - push up with both arms but do not 100% lock out at the top. Lower and return to the start position.

13 Focus on bicep muscles. Bicep Curl



Holding the Horns of the KB keeping elbows tight to your side, move the KB up towards your face using your bicep muscles to control the movement.

14 Focus on core muscles arms and shoulders. The Turkish Get-Up



Lay flat on the floor and grip the KB with the Left hand. Roll over and grip the KB by the handle with the Bell resting on the back of the wrist and come flat on your back again. Press the KB straight up and lock the arm in position. Place your right arm out to the side and the left leg is bent at the knee and move out to the side. Placing pressure on the right arm, using the abdominals curl up and extend the KB into the air. Come up to the elbow then up onto the hand. Bring your right hip up off the floor allowing you to bring the right foot under and onto your knee. Keeping strong abdominals come up into a kneeling position. Standing up focusing on keeping the KB arm straight and above the head at all times. Reverse these movements back to the start position.

Design Your Own Workout

Area designed to write in your favourite 5 exercises to follow.

Functional Circuit Workout

When choosing a kettlebell pick a weight depending on your training ability. You are looking to have the body loaded with resistance to feel the full benefit. Select a weight you can perform each exercise approx 10 times in the correct form. As your functional strength increases you can move up the weight of kettlebells.

Perform each exercise 10 times, rest and repeat the list. As your ability improves either increase the weight, increase the repetitions or reduce the rest period.

- Exercise:
1. Start with the Double Dead Clean - 10 reps.
 2. The Swing - 10 reps.
 3. Double Squat - 10 reps.
 4. Windmill - 10 reps
 5. Ab Crunch - 10 reps
 6. Rest for 1 minute or until you feel comfortable to continue and repeat.



WARNINGS

1. Always consult your doctor before undertaking any exercise programme.
 2. Always wear suitable clothing and footwear e.g. tracksuit and training shoes. Do not wear shoes with leather soles or heels. Tie long hair back.
 3. After eating, allow 1 to 2 hours prior to exercising.
 4. Always warm up and cool down before and after exercising as this will help prevent straining muscles.
 5. Remove jewellery, rings, chains and pins etc. before exercising.
 6. Always use your KB in adequate space, keeping the area behind it clear. Allow at least 3ft in front and clearance on each side to avoid collision with furniture, wall etc.
 7. Breathing is very important, you should not hold your breath when exercising. General rule: Exhale as you exert the muscles and inhale as you relax the muscles.
 8. Keep yourself warm while exercising.
 9. Injuries to health may result from incorrect or excessive training.
 10. Always use your training KB on a flat, level surface, carpet, gymnastic mat, or a PVC floor. Never exercise on wood or stone floor.
 11. There should always be someone available to assist you. Training with poor technique increased the risk of injury and reduces exercise benefits.
 12. Never stand on the KB or use them as push-up stands.
 13. Work within your recommended exercise level, do not work to exhaustion.
 14. If you feel any pain or abnormal symptoms. **STOP YOUR WORK OUT IMMEDIATELY.** Consult your physician immediately.
- The KB is designed for the use and enjoyment of the serious trainer as well as the dedicated user. By following the above precautions and using good judgement and common sense, you will have safe and pleasurable exercise regimen with the KB.
- These guidelines have been prepared to ensure that you achieve maximum training benefit with the
- minimum risk of injury. Technique is very important. Please follow the simple tips set out below.
 - **Warm up** - Prior to workout, ensure you are thoroughly warmed up, raise your heart rate slightly, mobilise major joints and stretch gently. Do light cardiovascular exercise (i.e. cycle) for approx. 5-10 mins.
 - **Cool down** - Perform 3-5 mins of light cardiovascular work to gradually lower your heart rate and return the body temperature back towards resting levels. Exercise should be rhythmic and of gradually decreasing intensity.
 - **Stretch** - After training, stretch all the major muscle groups. This will aid recovery and return the muscles to their normal length. Developmental stretches can also be done to increase the flexibility of selected muscle groups (i.e. the hamstrings (back of thigh)).
 - Hold the KB with the correct and comfortable grip (avoid gripping too tightly)
 - Stand, sit or lie as described, paying particular attention to your abdominals that help support your back.
 - Ensure joints remain soft (not locked out) and movements are done in a smooth and continuous way.
 - Avoid using 'momentum'. Focus on the muscle you are working. (Remember, throwing weight with poor technique increased the risk of injury and reduces exercise benefits)
 - Use full range of movement for each repetition performed.
 - **Standing** - For most standing exercise, use the shoulder width foot position, stand tall and pull abdominals firmly in.
 - **Seated** - Feet parallel, hip width apart, sit tall and pull abdominals firmly in.
 - **Lying** - Feet flat to the floor with knees up, ensure your back remains close to the floor and abdominals firmly pulled in.
 - **Breathing** - Do not hold breath while training, instead exhale on the hardest phase of the exercise and inhale on the easier or negative phase.