



Total
Wellbeing
Solutions

Kettlebell Swings

Kettle Bell Swings are a highly efficient exercise and allow you to do fitness and resistance training in one move, working many muscles at once.

- 1** Feet shoulder width apart
Hips and lower body deadlift to kettle bell
- 2** Back straight throughout the movement.
- 3** All your weight back on your heels
Sit back, not down.
- 4** Actively "hike" the bell behind you, forcefully loading the hips.
- 5** Hip drive, Full hip and knee extension by squeezing your glutes at the top of the move
Body in straight line at the top of the swing (straight back) do not let your upper body lean backwards.



The muscles worked are :

- Core
- Hamstrings
- Glutes
- Lower Back

The benefits of Kettlebell Swings are:-

It develops explosive power, muscular endurance, cardiovascular fitness and they are a fantastic body conditioner and fat burner.

Progressions

1 arm Kettle Bell Swings