



Total
Wellbeing
Solutions

Kettlebell High Pull

A high intensity exercise using many muscles to burn calories.

- 1** Hold a kettlebell in one hand, feet hip-width apart.
- 2** Bend the knees, squat down and as you begin to rise swing the weight between the knees.
- 3** Thrust the hips up.
- 4** Swing the kettlebell up, pull the weight to shoulder level, bending the elbow and taking the weight up at a slight angle.



The muscles worked are :

- Hamstrings
- Shoulders
- Glutes
- Upper Back
- Lower Back
- Trapezius
- Core
- Biceps

The benefits of doing the Kettlebell High Pull are:-

Increased cardiovascular fitness, greater stability, core strength and increased upper body strength.