

C2BFF Kettlebell #2

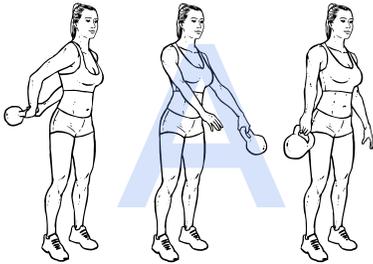
31 min · Abs, Back, Legs, Shoulders



Steve N.

Make sure you follow the instructions so you perform each move correctly and take your time, 25 lb kettlebell should do the trick, adjust weight as necessary up or down Don't forget to get nice and loose before you begin Proper warm up is necessary!

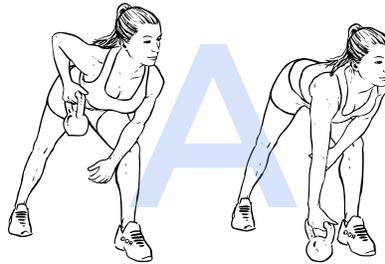
Kettlebell Around the Worlds



3 sets 20 reps

Superset A1

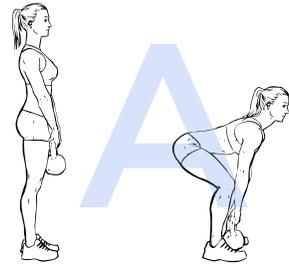
One-Arm Kettlebell Rows



3 sets 20 reps

Superset A2 · 10 each side

Kettlebell Deadlifts



3 sets 20 reps

Superset A3

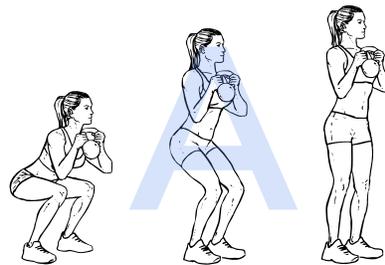
Kettlebell One-Legged Deadlifts



3 sets 20 reps

Superset A4 · 10 each leg

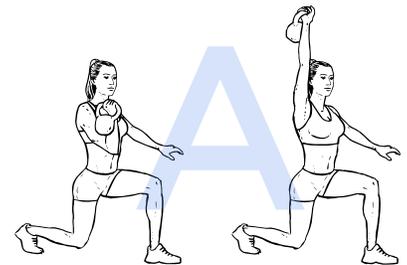
Kettlebell Squats



3 sets 20 reps

Superset A5

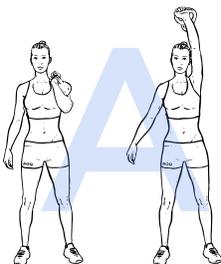
Kneeling Kettlebell Press



3 sets 20 reps

Superset A6 · 10 each side

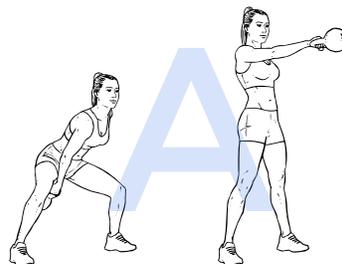
One-Arm Kettlebell Push and Press



3 sets 20 reps

Superset A7 · 10 each side

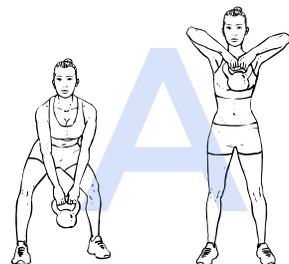
One Arm Kettlebell Swings



3 sets 20 reps

Superset A8 · 10 each side

Upright Kettlebell Front Rows

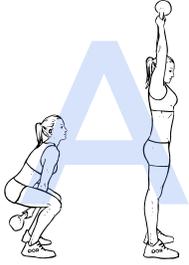


3 sets 20 reps

Superset A9



Two-Arm Kettlebell Squat Swings



3 sets 20 reps

Superset A10



Kettlebell Around the Worlds

Primary muscle group(s):

Abs, Glutes & Hip Flexors

Secondary:

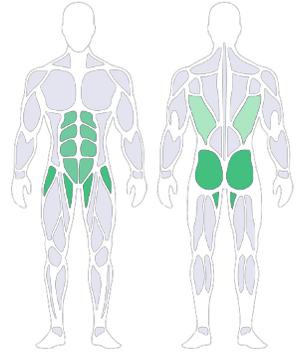
Middle Back / Lats

Stand with your feet about shoulder width apart.

Hold the kettlebell with both hands in an overhand grip in front of your pelvis.

Keeping your core strong, rotate the kettlebell around your body changing hands in the front and in the back.

Be sure to focus on your posture throughout the entire movement.



One-Arm Kettlebell Rows

Primary muscle group(s):

Lower Back, Upper Back & Lower Traps

Secondary:

Abs, Biceps

Place a kettlebell in front of you

Place your right leg forward and rest your left leg on the ball of your left foot. (Similar to a lunge stance)

Bend your knees slightly as you bend over to get in the starting position.

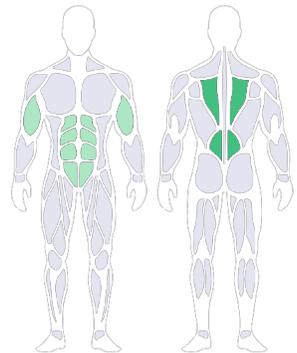
Keep your back straight.

Rest your right hand on your right knee for stability.

Grip the kettlebell with a neutral grip in your left hand.

Pull the kettlebell up to your stomach, retracting your shoulder blade and flexing your elbow. Keep your back straight. Lower and repeat.

Complete all the repetitions for one side before switching.



Kettlebell Deadlifts

Primary muscle group(s):

Abs, Hamstrings, Lower Back

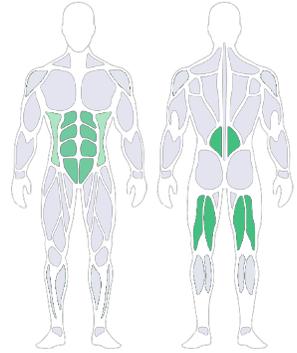
Secondary:

Calves, Obliques, Shoulders

Place a kettlebell on the ground. Step over the kettlebell so that it is in the center beneath you. Move your feet to shoulder-width or just outside of shoulder-width. Tighten your core and keep your chest up.

Begin by kicking your hips back and slightly bending your knees. Extend your arms down to grab onto the kettlebell.

Holding on to the kettlebell, drive your hips forward to stand back up. Slowly, reverse the movement by kicking your hips back and slightly bending the knees. Do not let your lower back arch.



Kettlebell One-Legged Deadlifts

Primary muscle group(s):

Lower Back

Secondary:

Abs, Glutes & Hip Flexors, Hamstrings

Hold a kettlebell by the handle in one hand using a neutral grip.

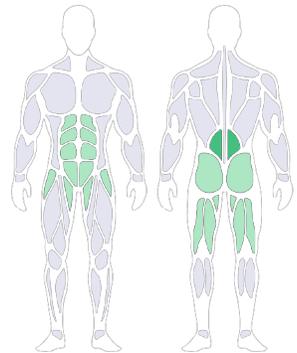
Stand on the leg that is on the same side that you are holding the kettlebell. This is the start position.

Bending that knee slightly, bend at the hip, and extend your free leg behind you for balance.

Continue lowering the kettlebell until your torso is parallel to the ground.

Return to the upright position in a smooth movement.

Repeat.



Kettlebell Squats

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

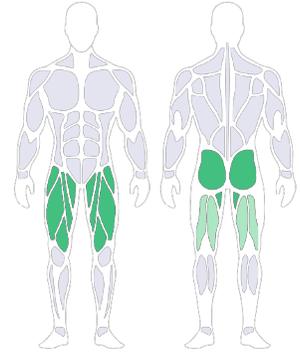
Hamstrings

Stand with your feet slightly wider than shoulder width apart

Hold the kettlebell with both hands in an overhand grip in front of your chest. Keep your elbows locked at your sides.

Lower your body towards the ground, ensuring that you're not leaning too far forwards or too far backwards.

At your lowest point, drive upwards through your feet and tense your glutes at the top of the motion.



Kneeling Kettlebell Press

Primary muscle group(s):

Chest, Shoulders

Secondary:

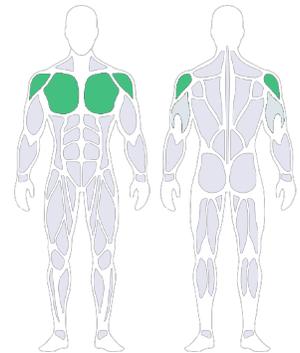
Triceps

Using one arm, bring the kettlebell up towards your shoulder so that your arm is in the hammer-holding position. (Aim for the position of the kettlebell to be pointing upward, and upside down).

Take one lunge step forward and lower your body down to the ground. Find a grounded position in which you can maintain balance.

Using your shoulder and chest strength, drive the kettlebell upwards; imagine a straight line running from the ceiling through the kettle bell and to the floor. Trace this line up.

Once in a fully extended position, slowly lower the kettlebell back down to the starting position following that same traceable line.



One-Arm Kettlebell Push and Press

Primary muscle group(s):

Glutes & Hip Flexors, Shoulders

Secondary:

Abs, Calves, Hamstrings, Quadriceps, Triceps

Hold a kettlebell by the handle.

Lift the kettlebell to your shoulder by extending through your legs and hips as you pull the kettlebell towards your shoulder, rotating your wrist as you do so. Your palm should face forward with the kettlebell hanging at the back of your hand. This is the start position.

Lower your body by bending your knees while keeping your torso straight and upright.

Do not perform a full squat, instead travel down about midway into a squat position.

Without pausing, reverse direction, driving down through your heels, to create momentum.

As you rise up, press the kettlebell straight up over your head by extending and locking your arms.

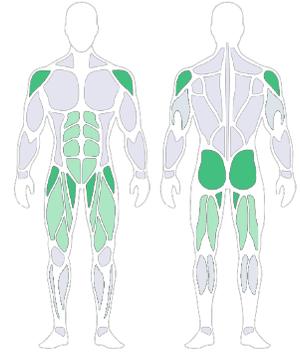
Land with your knees slightly bent to absorb the impact.

Lower the weight to start position

Repeat.

Complete all repetitions for one side before switching.

 Use your body's momentum to drive the weight up, assisting your arm.



One Arm Kettlebell Swings

Primary muscle group(s):

Hamstrings, Shoulders

Secondary:

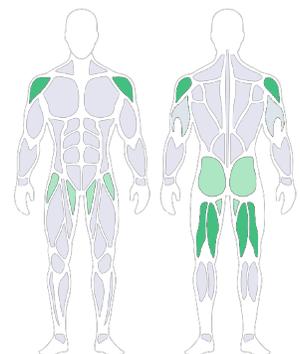
Glutes & Hip Flexors, Triceps

Start with one kettlebell placed on the floor between your feet.

Bend your knees and back slightly and reach down to grip the kettlebell in an overhand grip.

Explode upwards using your legs and bring the arm holding the kettlebell out in front of you until it reaches a horizontal level.

Lower the kettlebell back between your legs (but not to the floor) and switch hands to repeat the movement.



Upright Kettlebell Front Rows

Primary muscle group(s):

Shoulders, Upper Back & Lower Traps

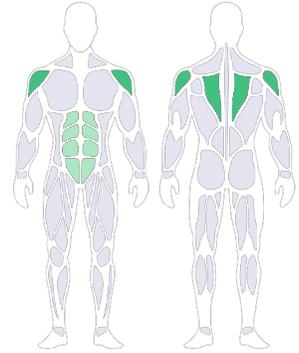
Secondary:

Abs

Stand tall with a braced core, holding a kettlebell. Position your hands on the outside of the handle (not the top).

Focusing the tension in your shoulders and traps, pull the kettlebell up and towards your face.

Pause once your elbows are above parallel with the ground. Slowly return to the starting position and repeat.



Two-Arm Kettlebell Squat Swings

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps, Shoulders

Secondary:

Abs, Calves, Hamstrings, Lower Back

Hold a kettlebell with both hands in an over hand grip.

Stand straight, with your legs slightly wider than shoulder width apart.

Lean forward at your waist slightly and bend your knees as if getting ready to squat.

Keep your back arched and your head facing forward.

Let your arms hang loosely.

Swing the kettlebell back between your legs while exhaling.

In an explosive movement, force the kettle forward and back up in front of you, above head height by thrusting forward with your hips and rotating your shoulders.

Continue for the desired number of repetitions or time.

