



Workout

Warnings Before Exercising

- Always consult your doctor before beginning a new exercise program
- Allow at least two hours for food to digest before exercise

Warnings During Exercising

- Wear suitable clothing and footwear
- Keep hydrated – drink water
- Remove jewellery and watches. Tie back long hair
- Maintain good posture – the back should be in a long 'neutral' position throughout all exercises
- Support your spine by keeping your abs slightly tensed throughout
- Ensure you have enough space to perform each exercise, dry run each one without a Kettlebell first to ensure this is the case
- Keep breathing! Exhale through the mouth when you exert, inhale through the nose as you release to the start position.
- If you experience pain stop immediately
- Always warm up and cool down for at least 5 minutes at the beginning and end of each session
- Workout with a buddy to check technique and motivate you
- Aim to tone muscle rather than build momentum as you move, execute every exercise with optimum control
- Extend and then bend your joints rather than locking them as you perform each exercise

Warm up/Cool down

The Orbit



Stand tall with your feet hip distance apart and your legs, spine and arms extended with the Kettlebell in one hand. Take both hands behind you and pass the Kettlebell to the empty hand, take both hands in front of you and pass the Kettlebell to the empty hand. Repeat 15 times in each direction.

Figure of Eight



Begin with the Kettlebell in one hand with the arm extended, set your feet outside the shoulders, bend your knees and fold forward from your hips and pass the Kettlebell from one hand to the other through the legs. Stand tall as you bring the Kettlebell to the front then exchange to the first hand as before. Repeat 15 times in each direction.

Bent Over Row (back, butt and thighs)



Stand with your feet wide of the shoulders, fold forward from the hips and hold the Kettlebell in both hands directly beneath the chest with the arms extended. Pull the Kettlebell towards the navel bending the elbows and keeping them narrow as you do so, then return to the start position. Repeat 12 times.

Clean and Press (butt, back, biceps, shoulders)



Set your feet just outside the hips with the toes turned out bend your knees and flex forward from your hips. Pick up the Kettlebell in one hand, swing it back through the legs then stand tall and bend your arm so the Kettlebell is at shoulder height, extend the arm above the shoulder then return to the start position. Repeat 10 times on each side.

Goblet Squat with Swing (legs, butt, back and shoulders)



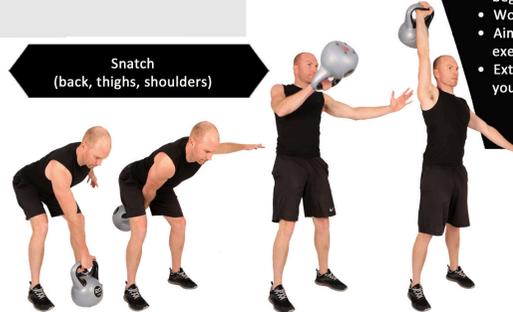
Set your feet hip distance apart with the toes turned out and hold the Kettlebell in both hands with the arms extended. Bend the knees, flex forward from the hips and then swing the Kettlebell through the legs. Rise to standing and bend the arms then squat low into the legs by bending the knees. Stand upright and start again. Repeat 12 times.

Goblet Squat with Curl (biceps, butt, thighs, core)



Set your feet outside your hips, turn out the toes and bend the knees to assume a low 'goblet squat' position. Bend and then extend the arms at the elbows. Repeat 15 times.

Snatch (back, thighs, shoulders)



Begin with the feet hip distance apart, knees bent, flexed forward from the hips and hold a Kettlebell in one hand with the arm extended beneath the shoulder. Bend the knees deeper as you swing the arm back between the legs then rise to standing bending the arm as you lift the Kettlebell up. Then stand tall and extend the arm straight up above the shoulder. Repeat 12 times on each side.

Lunge and Press (biceps, shoulders, core, thighs)



Begin standing upright with your feet hip distance apart and the Kettlebell in one hand with the elbow bent at waist level and the hand at shoulder height. Lunge the leg that corresponds with the hand holding the Kettlebell back bending both knees to 90 degrees and extend the arm directly above the shoulder. Return to the start position. Repeat 12 times on each side.

High Pull (thighs, butt, core, shoulders)



Stand with the feet hip distance apart, bend at the knees and flex from the hips and pick up the Kettlebell in one hand with the arm extended. Bend deeper through the legs as you swing the Kettlebell back between, come to standing taking the arms forward at shoulder height then draw the Kettlebell towards the shoulder bending the elbow to the side.

Swing (back, core, shoulders, thighs)



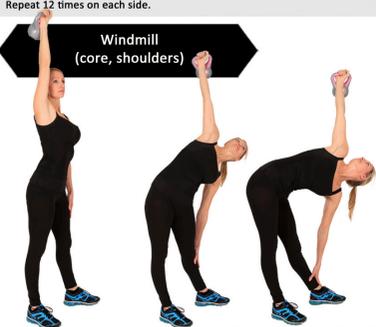
Set the feet a hip distance apart, bend at the knees, fold forward from the hips and hold the Kettlebell in both hands with the arms extended below the shoulders. Bend the knees deeper as you swing the Kettlebell back then rise to standing and swing the Kettlebell to the front up to shoulder level. Repeat 20 times.

Plank (core)



Place two kettlebells shoulder-width apart on the floor and hold one in each hand. Rise to a plank position aligning your shoulders with your hands and maintaining a straight line through the shoulders, hips, knees and ankles. Hold for 1 minute. Repeat 3 times.

Windmill (core, shoulders)



Stand with the feet hip distance apart, toes turned out and legs long. Hold one Kettlebell in one hand with the arm extended directly above the shoulder. Maintain this alignment and the extension through the back as you bring the empty arm's shoulder down and forwards in front of the leg. Repeat 12 times each side.

Tricep Press (triceps)



Stand tall with the feet hip distance apart and hold the Kettlebell in both hands with the arms extended directly above the shoulders. Bend the arms back, avoiding any dipping forwards of the chin or drifting outwards of the elbows. Repeat 20 times.

The Halo (triceps)



Stand tall with your feet hip distance apart and hold the Kettlebell with both hands in front of you just beneath the chin. Slowly circle the Kettlebell round your head back to the start. Repeat 10 times in each direction.

Thruster (thighs, back, shoulder)



Stand tall with the feet hip distance apart and the Kettlebell in one hand with the arm bent so the elbow is at waist height and the hand at shoulder level. Bend the knees to a deep squat then rise to standing and extend the arm above the shoulder. Repeat 12 times on each side.

