

KETTLEBELL **FOR MEN**

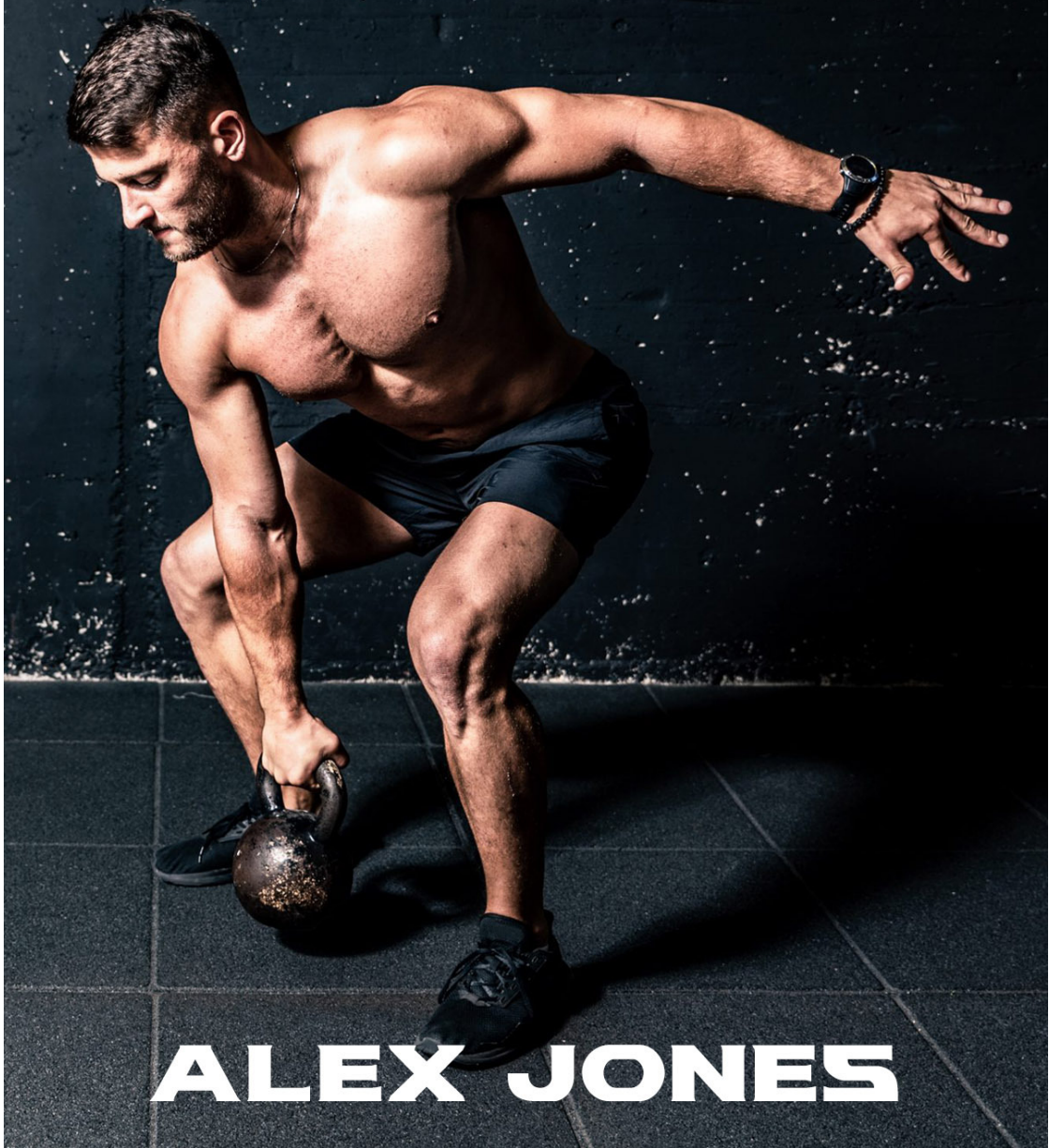
**THE ULTIMATE KETTLEBELL WORKOUT
TO GET SHREDDED**



ALEX JONES

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Introduction

“I hate every minute of training. But I said ‘Don’t quit. Suffer now and live the rest of your life as a champion.’”

— MUHAMMAD ALI

A very fitting quote by one of the most mentally and physically tough individuals in history. Working out and getting in tremendous shape can be torturous at times, however, the results are often worth it. I will admit though, the above quote is a little misleading, despite how much I may enjoy it, and even lived it. Working out, training, and getting in shape can be difficult, taxing, and a little painful. In fact, it will be all of those things. If it isn’t, you are not pushing yourself enough.

Change is never easy and if you are actively trying to grow for the better, it is not always going to be sunshine and rainbows. It is going to take a lot of hard work, but the last time I checked, hard is not a synonym for bad. On the contrary, the harder something is, the more fun it can actually be. That being said, working out hard and getting in shape is not something you have to hate. It can be a lot of fun and I am going to prove it with this book, *Kettlebell for Men: The Ultimate Kettlebell Workout to Get Shredded*.

Many people attribute the mindset of wanting to look good to women. This includes the self-consciousness that comes with not living up to society’s standards when it comes to personal appearance. Many women feel that they don’t measure up and never will because they can’t see their own beauty due to always comparing themselves to others. However, this way of thinking is not exclusive to women. Many men out there are also very self-conscious about how they look. They care about having that six-pack and also looking good in that new t-shirt, just like women do. Which gender is more concerned about personal appearance is a topic for another day. For now, we want to instill the fact that men care about looking good too. They care about getting in shape and burning excess fat.

For many males out there, this can be difficult. They have tried various different workouts, both traditional and nontraditional, and never come close to the results they want to see. This becomes more of an issue as we age. This is quite frustrating indeed. Most men are not looking to become the next Dwayne “The Rock” Johnson or Mark Wahlberg. They are trying to get in shape, look good, and feel healthy through exercises that are efficient and fun. However, there is so much to choose from and so much exercise equipment available that may or may not work. Well, I have something for you.

There is an old-school, simple to use and understand piece of equipment that allows for a variety of workouts. These exercises are challenging, fun, and can be done almost anywhere. What we are referring to here is the kettlebell. If you hate going to the gym, no problem because the kettlebell will be there for you. Do you love going to the gym? That’s fine too, because they will likely have some kettlebells you can use. This piece of equipment may seem like a glorified dumbbell to some, but as you will all see, it is so much more than that. It is like the Swiss army knife of exercise equipment because of all the functions it serves in the training realm.

By the time you complete this book, you will understand everything you need to know about kettlebells, including numerous exercises that will work out many different areas of the body. After that, it will be all up to you to make things happen. Because after all, knowledge is power, but the action is what creates results. While we will be getting very in-depth through the various chapters of this book, I want to touch on some high points to get all of you excited. Here are some major benefits of the kettlebell to get things started.

- Kettlebell workouts are very effective at burning fat. When done properly, these routines can burn up to 400 calories in a single 20-minute session. The combination of intensity and targeting of specific areas on the body makes for impeccable results, even for hard to reach places. This will be a major time saver for all of your busy-bodies out there.

- Multiple clinical studies have shown that various workouts with this equipment can and will increase strength and power. You can also improve your conditioning in a major way. One of the best things is, movements using the kettlebell often mimic natural body movements, allowing for ease when transitioning into the workouts.
- With many different pieces of equipment out there, you are targeting one muscle or area of the body. With the kettlebell, you are targeting multiple areas while placing different demands simultaneously in these areas. So if two muscles are being activated at the same time, they will feel a different intensity level based on the routine. Dumbbells, for example, can provide great workouts, but the physical nature of them causes many limitations.
- Kettlebell exercises can work out almost any area of the body and really targets your core. You will notice major core conditioning as you start the various exercises.
- Not only will the kettlebell help you feel and look better, but it will provide immense health benefits. Cardiovascular health is one of the major benefits. The immense calorie burn is equivalent to running a six-minute mile. Furthermore, the kettlebell can provide for great back exercises and improve its health and function, especially when it comes to posture. Finally, this diverse piece of equipment can be used for many rehabilitative purposes. Many rehab specialists, including physical therapists, utilize the kettlebell for their various workouts. This goes along the lines of kettlebell training mimicking natural movements.

All of these benefits are just the tips of the iceberg. As we go through this book, we will detail exactly what the kettlebell is, the different forms it comes in, the history behind it, detailed kettlebell training, different exercises that can be utilized, and

many other essentials to make your experience with this tool amazing. We will help you determine what is best for you and figure out a way for you to bring this tool into your life. Just like with any other product, safety concerns will play a role. Throughout this book, keeping ourselves free from injury will be a common theme. The last thing I want is for you to get injured by doing something wrong.

Who Am I?

I have been going on about the kettlebell like I am an expert, and I haven't even told you who I am yet. My name is Alex Jones and I am a former competitor in bodybuilding and now live my life as a personal trainer. Exercise and fitness have been a part of my life for as long as I can remember. In addition, I have won numerous awards both on the regional and national level during my active training career. As such, I have practiced many different routines and used all sorts of exercise equipment to help me prepare for competitions. During these competitive years, I was going head to head with some of the best in the world, so I had to rely on a vast array of workouts and shredding techniques to help me succeed at these high-levels. I had to get creative over the years and through all of that experience, I developed my own workout regimens to help me be at my best.

Even though I retired as a competitor, I did not retire from fitness. I used my background to transition into the next phase of my life, so I could use my knowledge and experience to teach other people what I have known for years. After receiving my certification in personal training, I began helping individuals obtain their fitness objectives, whatever they may be. As a personal trainer, I realize that each person is different, and I use this approach to make sure every client I work with receives personal attention tailored to their needs. There is no one-size-fits-all mindset with me. This is one of the reasons I respect the kettlebell, which provides a high-level of diversity that is needed for individual workouts. With this versatile piece of equipment, I have achieved amazing results, and I can help you do the same.

My main clientele is adult males, so the information I have provided is specifically targeted for men 20-50. However, if you find the tips I provide in this book helpful, even though you don't fall into this category, then that makes me happy too. The more people I can help, the better. I just want you to know that I have not, nor ever will, fully retire when it comes

to fitness and health. The stuff I teach and write about, I also live every day. I expect you to do the same. If you find the information about kettlebells useful, then start putting it into practice. Like I said before, the action is what creates results. I have been on an incredible exercise journey my whole life and now I want to help you do the same.

Before you start using a kettlebell or even purchase one, I advise you to read this book to completion. I want you to be informed before you make any major decisions. When choosing exercise equipment, people often walk into a store and choose the first thing they see. They don't do their research and really assess the type of value something will bring. I do consider choosing exercise equipment an important decision because good quality ones can be a little pricey. However, the benefits will be tremendous if you choose wisely. Let's start getting shredded!



The History of Kettlebells: A Fad or a Long-Lived Fitness Tool

You may have heard about kettlebells before. You may have even seen one at the gym or at a friend's house. Perhaps you saw one advertised, bought it immediately and now you're using it as a paperweight. That actually seems like a beneficial use for it. You may have actually used a kettlebell before. You may have used it on a regular basis and are familiar with it. Whatever your personal experience with kettlebells is, I am confident you will learn so much more throughout these various chapters.

The kettlebell has made a huge surge in the fitness world over the past couple of decades, which makes people think that it's something new and fresh. Many people think it's a fad like so many other things out there. Sooner or later, it will go away and be forgotten. Well, all I can say is, if it is a fad, it is the longest-running one I have ever known about. The kettlebell has actually been around since the 1700s, and maybe even earlier, making it one of the oldest exercise tools to be around today. Of course, a few adjustments had to be made throughout the years and centuries.

While the history is a little unclear, it is believed that the kettlebell as we know today originated in Russia around the year 1700. It was not originally used for exercise, but by farmers to weigh grain and other goods that they would be selling. During this period, it is believed that farmers would toss these kettlebells around and compete in feats of strength with one another during their downtime. The farmers would often get bored on long days and use that time to compete with one another for the pure joy of it.

These kettlebells became known as giri, or girya, which literally translates to “handle bell.” The word girya was introduced into the Russian dictionary in 1704. After a while, the giri began getting used in various farming festivals and competitions involving these tools would play a central role. The kettlebell is still used to measure productivity in Russia and other countries that were part of the Old Soviet Union.

The main thing that changed about the kettlebell is the size and shape throughout the various decades and centuries. The ones we have today are shaped cylindrically, like a ball, with a sturdy handle for gripping. They also come in various sizes, weights, colors, and materials.

There is still much debate on the exact origins of the kettlebell and there have been numerous cultures of the past that have used a version of this equipment that predates use in Russia. Some historians even speculate that kettlebell style weights were used by ancient Romans and Greeks. There will always be major holes in history; however, it is hard to deny the amount of influence Russia had in making this tool a worldwide phenomenon. Even though it did take several centuries. Furthermore, the specific tools that were used by the Ancient Greeks, Romans, and even in certain Asian cultures are not considered the precursors to what we have now. They are not as closely aligned to the modern-day kettlebell as the ones used in Russia.

Around the turn of the 19th century, people started seeing the kettlebell in a different manner. Vladislav Kraevsky, who is considered the father of weightlifting in Russia, first introduced the kettlebell as a strength and conditioning tool. Kraevsky was also a doctor and personal physician to the Russian Czar. He popularized kettlebell training in the Russian army, and it was eventually elevated to a national sport in 1948. This piece of exercise equipment was kept a secret in Russia for a couple of centuries.

The kettlebell has some potential history throughout various European countries too as it may have been used by many other physicians and active life proponents. Many German training manuals and diaries from the 18th and 19th centuries

feature the kettlebell under different names. Friedrich Ludwig Jahn, who was a gymnast and physical educator from Germany, featured many kettlebell exercises in his system of gymnastics. In Germany, Jahn is known as “Turnsvater Jahn” which means “father of gymnastics.” He pretty much created the system of gymnastics that is the hallmark of the programs being used for physical education programs in the United States today. There are early photographs of his disciples using the kettlebell in old photographs.

Furthermore, there are photographs of strongmen and strongwomen using versions of the kettlebell prior to the 1900s. This was well before Dr. Kraevsky popularized it in Russia. The point here is that Russia played a major role in making the kettlebell a worldwide phenomenon, but the kettlebell is not uniquely Russian. It seems to have many roots at this point without any definitive origin.

The kettlebell had a lot of growth during the 1900s. During the early 1900s, many circus strongmen traveled to and settled in America, where they opened many gyms and began giving people in the United States their first taste of kettlebell training. For some reason, during the 1940s and 1950s, this piece of equipment disappeared from US gyms without a trace or explanation. There are many theories about why this happened, including war-time distrust of anything Russian related and rivalries between different fitness experts. It is also possible the equipment lost its craze and went away for a while.

The Craze certainly never went away in Russia. It was as popular as ever during the mid-1900s. Techniques like the swing and juggle were popular folk exercises during the 19th and 20th centuries in many farming communities. As we mentioned before, 1948 is when it officially became a national sport. This was the year that Russia declined to compete in the Summer Olympics, and instead, chose to have strongman competitions in Moscow.

Numerous sports schools began popping up throughout the Soviet Union during the 1950s, 60s, and 70s. Kettlebell training became known as a working man’s sport due to its

affordability and minimum space requirements. The first official kettlebell commission was formed in 1981. The commission advocated for mandatory kettlebell training for all workers, believing it would result in improved health and productivity.

The first national kettlebell championship in Russia took place in 1985. Further advancement came in 1989 when a 10-minute time limit was placed for kettlebell lifting competitions. Competitors were tasked to complete as many reps as possible during this time period. After the kettlebell was featured for the first time in a highly renowned Western athletic magazine in 1998, it has taken off in popularity. In 2001, it gained popularity in the United States and quickly became a worldwide phenomenon. This was the year that they were first manufactured outside of Russia.

By 2002, the kettlebell had already been entered into Rolling Stones Magazine Hot List as the Hot Weight of the year. This was a very high-profile recognition for something that was once a farm tool. This diverse piece of equipment has continued to take off from this moment. It has been accepted as a necessary exercise tool by many fitness fanatics around the world, including yours truly. Which brings us to where we are today.



The main thing I am pointing out here is that the kettlebell is not new. It predates modern time by centuries and the fact that

it has been used in so many different settings is a testament to its versatility as a workout tool. If you are worried about the kettlebell losing its popularity, I don't see it happening soon. This simple tool has been around so long and utilized by so many different cultures, that it's hard to deny its effectiveness. This will become more apparent once we start talking about it.

Kettlebell workouts are legitimate and have been used by people from all walks of life for centuries. They will continue to gain popularity in the future as more people become aware of them. I am a huge fan myself and can't wait to show you the amazing results you can achieve. I am confident that once you learn all that this apparatus entails, you will make it the central part of your workouts. There are numerous kettlebell styles. If you are wondering if a certain type of kettlebell is right for you, then read on to the next chapter.



How to Choose Your Kettlebells

Now that we know so much about the kettlebell's past and evolution through time, recognize that if you are getting one, you are now a major part of history. One of the major issues with buying exercise equipment goes back to the one-size-fits-all theory. Many people will just walk down the aisle or showroom of their local sporting goods store and pick out the first piece of equipment that they see. They have done no research on what exercise equipment they will need based on their body types, strengths, limitations, and interests. All of these factors must be considered in order for exercise equipment to be adopted for the long term.

What's even worse, is that people will buy something online, but have no way of testing if it's right for them. When something arrives and not the correct fit, it simply gets discarded. I don't want you to do this with the kettlebell. I want you to take your time, get familiarized, and purchase the one that is best for you. I will not condone impulse buying here. There is a great amount of variety in these pieces of equipment and you will notice this when you try out several different kinds.

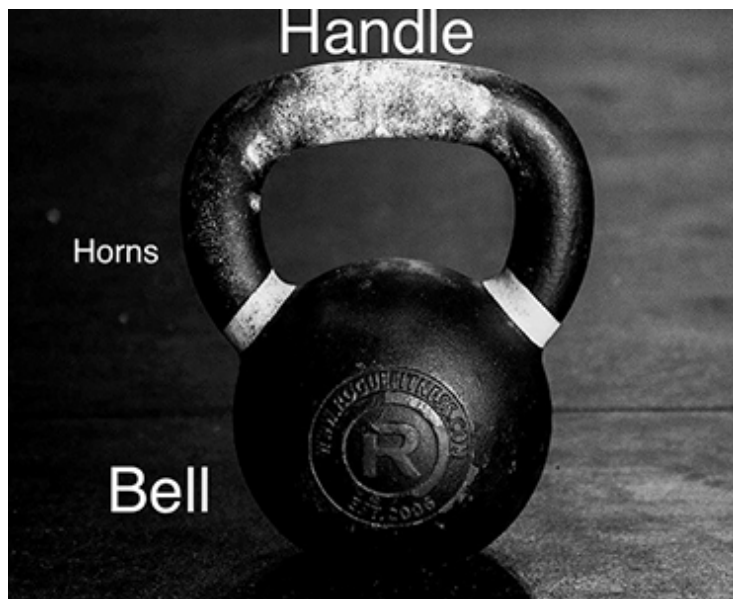
Think of it like a bowling ball. When you go bowling, you generally do not pick up a random ball and start hurling it across the lane. If you do, you have probably not been very successful. In order to play well, you need to find the right ball with the correct size holes that your fingers can easily slip in and out of. Plus, you have to find the right weight that feels comfortable for you. For some people, color is also important. How do you know which kettlebell is right for you? Let's find out.

ANATOMY OF A KETTLEBELL

The basic anatomy of a kettlebell is simple. They are cylindrically shaped with an attached handle. Beyond this, the kettlebell differs in the many different shapes and sizes it comes in. The majority of kettlebells are stainless steel or cast-iron as these materials are less likely to wear down. Vinyl-coated kettlebells are also available for those who choose. Some even come with unique designs like those with a gorilla face. Finally, kettlebells with an adjustable handle are an option too.

These details may not seem like a big deal upfront, however, they can make a huge difference when using for various exercises. It is important to feel comfortable with your kettlebell to get maximum results and feel safe. The last thing I want is for you to get one that doesn't feel right and you end up hurting yourself.

There are a few simple exercises that can be performed with any type of kettlebell. These exercises involve very simple movements that require very little interaction with the actual kettlebell. Single-arm deadlifts, single-leg deadlifts, and the slingshot are just a few workouts that can be done, no matter what type of kettlebell you have. If your plan is to stick with these rudimentary exercises, then the decision may not be that important. Beyond this, the choice you make is crucial, especially if you want to do some extreme workouts, which I hope you eventually will. To sum it up, the classic kettlebell looks like a small cannonball with a handle.



[THE BEST KETTLEBELL FOR YOU](#)

When choosing a kettlebell, it is important to get one that won't damage your wrists, forearms, elbows, or shoulders. You will be using these body parts throughout almost all exercises so great care must be taken. Also, these weights with the wrong handles can cut up your hands badly. The two best types of kettlebells on the market are the competition kettlebells and the cast-iron kettlebells. Either of these will offer tremendous benefits for you if you are to take your training seriously.

Competition kettlebells have uniform dimensions across all weights. This means that the kettlebell will be the same size at the cylinder and the handle, whether it is 8 kg or 16 kg. In many cases, competition types are separated by colors based on international standards. The particular color of the object will signify the weight. These types of kettlebells last long too due to being made of steel. They are a great option if you plan on taking competition seriously.

The advantage that the competition kettlebell gives you is the consistency between training and competition. While training with a competition kettlebell, you can experience how it feels in your hands and on your wrists. This will be the same feeling you have when using any type of competition kettlebell. Despite what weight the equipment is, it will be easy to get used to because the size will not change. In any type of

professional sport, athletes get as acclimated as possible to the environment they will be competing in, plus the equipment they will be using. For example, track runners will try to run the track they will be using in competition as much as possible. This is the same type of advantage you get with competition kettlebells. It is similar to having a home-field advantage.

These types of kettlebells also have small handles with limited space in between. This prevents your hand from sliding side to side, which significantly prevents skin burns and blisters. The disadvantage here is that only one hand will fit on the handle. Unless you are lucky enough to have small hands. I mean very, very small hands. Many important kettlebell exercises require two hands, and with the competition kettlebell, these are not possible. This means your workout routine will be severely limited because of numerous valuable exercises that are out of the question.

It's okay though because you can still get a great workout. However, if you want more variety, we have another great option. Cast iron kettlebells are produced with one solid piece of metal that is uniform throughout. So, the physical size of the kettlebell changes based on weight, unlike the competition kind. This can make it difficult to maintain consistency between training and competition. If your goal is not competition it may not be a big deal to you.

The cast iron kettlebell also offers wider handles which will increase the diversity of the workout routines at your disposal. You will now be able to use two hands, which is especially great when starting out, as many new routines also require both hands to perform. The cast iron kettlebell may be a better option for you if you're a beginner because of the multiplicity in usage it provides. Plus, learning the basics of this piece of the kettlebell, in general, requires two hands, so if you use a competition kettlebell from the start, your foundation will not be solid. This can cause problems for you later on. Not only will you not work out to your full potential, but you will also risk major injury. If you are a newbie, stick with the cast iron for now.

For experienced users, the competition kettlebell is a great option. Make the transition from cast iron to the competition when you feel comfortable and you will be able to incorporate many more exercises. However, when you make the shift, both options can be utilized to get the most diverse workouts in as possible. Overall, when you are ready to take your kettlebell training to the next level, the competition kettlebell is the way to go.

The next major consideration you need to make is the weight of the kettlebell that's right for you. Just like with any other workout, it is important to start off slow and progress as tolerated to prevent unnecessary pain and injuries. The standard weights for kettlebells are 8 kg, 12 kg, 16 kg, 24 kg, and 32 kg. Since the kettlebell has taken off in popularity over the past few years, there are numerous weights in between these numbers that are available too. However, as someone who has used the kettlebell for many years, and teaches classes on a regular basis, I can honestly say that I've rarely used any weights outside of the standard numbers.

There are different weight recommendations between men and women. For this particular book, we will focus on men. In most cases, with weight training, it is better to start off light. With Kettlebells, it is actually better to go with a weight a bit heavier than you think you can handle. This way, you can work on technique and build strength without outgrowing the starting size too quickly. Still, be cautious with the weight and do what you're comfortable with. The last thing I want is for you to get injured because you moved up too fast.

In general, I recommend first-timers to try weights between eight and 16 kilograms. Check these out and see how you feel. If you are experienced with lifting weights and feel like you can handle more, try the 20 or 24-kilogram weights instead. Assess yourself and see how you feel. You know yourself better than anybody. There is no exact science to it. One thing to take into consideration is the units. For those of you not familiar with kilograms, just multiply the number by 2.2 and you will have the weight in pounds. For example, 8 kg x 2.2 is 17.6 pounds already.

Many people will compare kettlebell lifting to dumbbell lifting. Kettlebells are not dumbbells though. While lifting a certain weight may be too much with dumbbell exercises, the kettlebell workouts require a different technique. With dumbbells, you are isolation specific muscles. For example, with curls, you are mainly targeting the biceps and only using this muscle for the most part. This means you can handle less weight. With kettlebell workouts, like swings, snatches, and cleans, you will utilize multiple muscle groups. In this manner, the higher weights are easier to handle because of the greater support. It is analogous to four or five people lifting a couch, versus just one or two. As an example, with the aforementioned exercises, you use your entire upper body, legs for power, and your core to prevent you from getting twisted up.

A major concern that is often overlooked is the handle of the kettlebell. It is an essential part of the tool as that is what you're holding onto the whole time for almost every exercise. Yet, people do not take this area into consideration. The last thing you want is a blistered and bloody hand because of a design flaw. When you do countless repetitions with a poorly designed handle, that is exactly what you will get. With dumbbells, the bar does not move very much, so this is not a major consideration. With the kettlebell, your hands will be moving, sliding back and forth, and side-to-side constantly. If the handles have rough edges, your hands will hate you by the end of the first workout.

Many people will wear gloves for extra protection. This is definitely an option but can interfere with your technique. It is better to just pay extra attention to the handle so you won't have major issues from the beginning. Assess the handle all the way around, including the underside. Make sure it is smooth without any rough edges. The handle may cause some discomfort regardless, but eventually, you will develop some callouses.

The handle should also be the appropriate size and thickness for proper gripping. It should also have adequate space between the handle and the bell. If this space is too small, your knuckles will graze the bell constantly, which will wear down

your skin and cause more cuts and blisters. It can also lead to major hand injuries. There is definitely a balance you need to find here. The handle should be sanded down and smooth, but not too smooth; otherwise, you will have a poor grip. This is especially true after several reps, and your hands start getting sweaty. You do not want to let the kettlebell fly out of your hands. Once again, you can use gloves, but it's better to avoid them if you can.

I get that people want to save money. I certainly don't expect you to spend your life's savings to buy a kettlebell. At the same time, a good quality item is essential here. A cheap, low-value kettlebell will likely have a handle that is less superior and create the many problems we are trying to avoid. In addition, cheaper kettlebells will chip easily because they usually have paint around them and are made from inferior material as well. The plastic coverings around vinyl bells will also wear down and crack before you know it.

If you are going to purchase a kettlebell, it is best to get a cast-iron one right away. It will last you a long time and will be much more economical due to the reduced wear and tear. You will have to buy a new kettlebell far less often. A single kettlebell will run you around 50-300 dollars. Get the cheapest one you can find that still provides good value, but never sacrifice quality for the price. There is no sense in buying a kettlebell today, simply because it is cheaper, and then having to buy another one a few weeks down the line because you did not choose well the first time.

Always remember your own comfort matters. It is not worth saving a few bucks if the kettlebell you get causes injuries and just doesn't feel right to you. Consider your goals and make your decision wisely. It could save you a lot of heartaches, pain, and even money in the long run. The following are some other considerations when buying a kettlebell.

- There should be some flatness at the base or very bottom of the bell section. Avoid ones with a base that is completely round, because it can make for a lot of awkwardness with certain exercises.

- In addition to the outer part breaking down, kettlebells with a vinyl covering can become very slippery. Once your hand becomes slippery, the chance of major injury increases immensely. Imagine that kettlebell slipping out of your hand and landing on your foot, or hitting someone else. It won't be a pretty sight.
- Do your research on reputable brands. Any good kettlebell manufacturer will provide anti-rust and anti-chip protection. This means they are confident in their brand and willing to make a guarantee. If a particular manufacturer cannot guarantee this, then they are likely to use an inferior type of material. Once again, do not skimp on the money to avoid a superior brand. Chances are, you will be paying much more on the backside and putting your safety at further risk.
- How versatile do you plan on becoming? If your objective is to incorporate as many exercises as you can, then consider buying several kettlebells with different weights.

I understand that online shopping is a major platform these days. I am not knocking this. I think it's great that people can get products delivered directly to their homes, especially if they can't find them in stores. I would advise against buying kettlebells online until you really know what you are looking for. For the first time, I advise in-person shopping so you can get a good feel for it. Also, if your local gym has kettlebells, try them out and see how you like them. Remember, this is an investment so you want to make sure you are fully informed.

Once you have purchased your first kettlebell, you are ready to rock. Get ready for a workout experience you have never had before. You will be amazed at how many benefits one small piece of equipment can provide.



ADVICE ON HAND PROTECTION

If you have done weight training of any kind, you understand the risk of damaging your hands over time. It is almost inevitable to a certain degree, but there are many ways you can minimize it. Trust me my fellow men, when I tell you, that you don't have to deal with dry, cracked, painful, and callous-filled hands if you don't want to. I know, I know, it's a sign of strength, I guess. However, I would rather save my hands a little for another day.

We have already given you some advice about choosing a proper handle. Here are a few more handy (pun intended) tips for protecting your hands that you can perform every day. You will not realize how important your hands are until you are no longer able to use them. Let's avoid those gym hands, shall we? Unlike gloves, these practices will not impact your workout time or affect your results. They are simple routines you can do throughout the day.

Moisturize Daily:

Avoid doing this too close to workout time so your hands are not too slippery. There is no shame, men, in moisturizing your hands. The best times to do it are when your hands are clean, like after your shower. Moisturize twice a day with a quality lotion or moisturizer. Do this in the morning and evening before you go to bed. This practice is the best way to avoid dry, cracked hands. No matter how hard you go on that

kettlebell, you will feel confident when you shake someone's hand.

Soak Your Hands Daily:

This is a great practice, whether you have gym hands already, or are trying to avoid them. It is a great way to keep hands soft. Soak your hands in warm water for about 15-20 minutes a day. You may add some Epsom salt to the water for better results. After soaking you can take what's called a pumice stone, or a filer, to slowly scratch away the rough parts of your hands. This will help get rid of any hard, excess skin, like calluses, that have developed from working out. This will keep your hands nice and smooth no matter how hard you work out and toss that kettlebell around.

Avoid Picking at Calluses:

It can be very tempting to pick at calluses and try to forcefully remove them. Men certainly love doing this. However, this will only make the situation worse for you. Each time you do this, the skin will grow back thicker and tougher. A handful of calluses can become uncomfortable, and aesthetically unpleasing. If you become way too tempted here, refer back to the first two interventions I discussed.

While men care about their appearance, they also care about looking tough. Many of these practices may not seem masculine to some, but trust me, paying attention to how you look is not unmanly. Many great men in history cared about their appearance. The legendary Frank Sinatra would get manicures regularly, and no one would dare not call him a man. Also, if you are worried about people laughing at your hands, give them a good grip that you develop during kettlebell training. The laughter will stop really quick.

A FEW OTHER CONSIDERATIONS:

As with any other workout equipment or routine, there are certain considerations you need to make. I always advise getting proper medical follow up prior to starting any new exercise routine. There may be contraindications for you using the kettlebell and this is something you need to know prior to

starting. Foregoing these precautions can cause serious problems for you.

First of all, consider your medical history. Are there any medical indicators, like heart disease, or diabetes that may preclude you from using the kettlebell? Are there any joint or other musculoskeletal conditions to take into account. Seriously think about these factors before proceeding further into this book.

What was your own training background like? Are you a gym rat or more of a couch potato? Consider your fitness level before jumping into these exercises. Of course, we do start from the beginning so everyone will learn the basics first.

Finally, what type of space do you have? With the kettlebell training, you will need ample room to move around and swing that bell. If you don't have space in your home, you may have to find someplace else to go. The equipment is easy to move around so that should not be a problem. You can easily carry it anywhere. Also, consider your footwear. It is recommended to go barefoot, but if you must wear shoes, choose ones that aren't too cushioned. Weightlifting shoes over running shoes are recommended.



The Numerous Benefits of Kettlebell Training

There are numerous exercise tools and equipment out there. They are all quite useful and provide their own unique benefits. I will never tell you that a piece of workout equipment is wrong for you. Especially if you've experienced positive results. I will, however, suggest that a particular type of equipment is more beneficial and practical if it can provide the functions of multiple tools at the same time. A Swiss army knife is certainly more useful than a regular pocket knife. Whatever your fitness goals may be, the kettlebell can help you reach them. The most critical part, as we mentioned in chapter 2, is making sure to get the one that fits you best.

Kettlebell exercises bring together a combination of cardiovascular and strength training, the two major sectors that result in muscle gain, fat reduction, weight loss, and overall well-being. With the intensity of the workouts and variety of body parts targeted with each, you will notice extreme fat burn and muscle buildup in no time. I noticed it in a major way myself, and I have been working out for as long as I can remember.

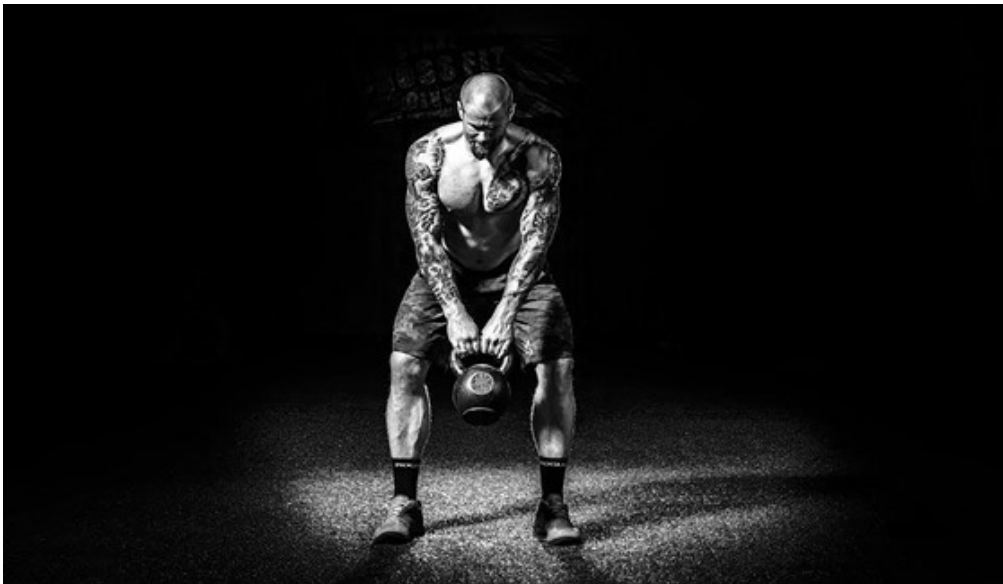
If my story is not enticing enough for you, consider a few others. A former top fighter from K1, Bob Sapp, has praised the kettlebell for enhancing his cardio with his training. Former UFC welterweight champion BJ Penn uses kettlebell training to increase his muscular endurance. Both Bob Sapp and BJ Penn have had massive success against top-level fighters in their respective organizations. Hollywood actor Ed O'Neil, who is a staunch practitioner of Brazilian Jiu-Jitsu, is also a huge fan of kettlebell training. It has been getting more

and more praise from fitness fanatics around the world and is taking off like never before.

This may be one of the reasons why people think it's a fad. When celebrities jump on various trends, it can be hard to tell if they are serious, or just want the publicity. As I mentioned before, the kettlebell has been around for centuries, and just started getting worldwide notoriety during the 2000s. It is not a fad as numerous practitioners around the world sing its praises. This includes me. The kettlebell has done wonders for me, well beyond what I experienced at the height of my competitive days. This piece of equipment can do wonders for you too.

CARDIOVASCULAR AND STRENGTH TRAINING

There are many workouts that provide amazing cardiovascular and strength training. However, very few offer them together. Common kettlebell routines, like swings, snatches, cleans, and jerks, workout your whole body as one unit. Essentially, you are working out a wide array of muscles and body parts within a couple of minutes and the routines are intense. You are going to feel them in a big way and probably put in more effort than you ever have before.



Ballistic kettlebell exercises like high rep snatches can make sprinting look like a walk in the park. Sprinting, in reality, is anything but that. Rep snatches also target many more muscle groups than sprinting, and will significantly build strength in

the lower back, shoulders, and hips. With the various high-intensity exercises that one can do with a kettlebell, each muscle in the body will receive a workout like never before.

Recent studies have shown that the swing can burn up to 20 calories per minute. That's 400 calories in a 20 minutes workout when done properly. That's a very high level of calorie burn. Also, with the high intensity, you have the afterburn. This means you are still burning calories at a high rate even after the workout is complete. You would have to run for a much longer period with at least a 6-minute mile pace to even come close to these results.

Kettlebell workouts are much more appealing for men than things like step aerobics or spinning classes. Most men are very self-conscious about these exercises and feel like idiots when they do them. This causes them to not get the level of workout they desperately want and need. I am not knocking these exercises. I think they are great. I am just stating a reality here. Men feel better about themselves doing ballistic kettlebell workouts over something like Zumba. You can take ballistic kettlebell exercises up a notch by combining them with activities like jump roping or jogging.

Using the kettlebell improves our functional strength also. This is because it mimics our muscles' movements and functions as they occur in their natural state. Our muscles do not work in isolation. They perform in conjunction with one another to avoid excess muscle strain, prevent injuries, perform more efficiently, and build strength. As an example, our leg muscles are not working alone when we are walking. The work is distributed across the body, so everything is working together efficiently. Kettlebell training follows this same concept. When we learn to use our muscles together with various training methods, this carries over to the functionality of our everyday lives. Through proper functional training methods, you will reduce the risk of injury in your everyday lives, while also increasing your strength, agility, flexibility, and balance.

Kettlebells also increase your core strength and stability. Since many kettlebell exercises are ballistic training, they center

around explosive movements by maximizing acceleration and minimizing deceleration. Abdominal muscles are heavily stimulated with these movements due to their high intensity and core contraction. Remember to always coordinate your core contractions with proper breathing because of the high intensity. You will feel your core strength increase tremendously, even more so than with targeted exercises like crunches or leg raises. Plus, kettlebell exercises put less strain on your back and don't require you to lay on the floor as crunches do. Of course, there are specific crunch exercise routines as well that we will go over.

Movements with the kettlebell workout your core from multiple directions because they are multiplanar. The unilateral movements also offer major strength and stability to your core. You will notice a major increase in your core strength after performing just a few workouts. As you begin actively performing the different workouts at all levels, you will immediately understand what core engagement means.

Many athletes train with the kettlebell for this very reason. They need extreme core power to move through their competition, change directions in an instant, and handle major loads from either side. The training done with kettlebells gives a person the physical capabilities to handle these types of pressures. Mike Tyson was one of the most ferocious heavyweight boxers in history. He would decimate his opponents and run right over them, seemingly with ease.

The interesting thing is, Tyson was not a big guy. At least, not compared to some of the heavyweight giants out there. So, how was he able to push people around the ring and not get pushed around back? Because of his amazing core strength. He was rock solid in this area, which meant he could move forward, side-to-side, and make last-minute adjustments when needed. He could easily absorb punches that did land on his body for this very reason. If the kettlebell can give professional level athletes the core strength they need, imagine what it can do for your everyday needs. This area of strength is essential to becoming a fitness beast.

One aspect of strength training that is often ignored is grip strength. This is kind of ironic since one of the main times two men test strength is when they are shaking hands. One would think that this is a common concern in any workout routine. Nonetheless, a poor grip will give you major disadvantages in a number of exercises. A strong grip will lead to being able to lift more weights. Plus, the stronger your grip, the larger and stronger your forearms will become. The kettlebell has immensely improved the grip strength for many people who have used it.

There are two factors at play here. First of all, the handle is larger than a regular dumbbell, so your grip will automatically be more stressed. Second, the nature of kettlebell exercises will put more unnatural stress on your hands and forearms, causing more engagement of the muscles in the area. For example, the swing requires you to hold the kettlebell for an extended period of time, while having to counter a constantly changing center of gravity. All of this will lead to a tighter grip. After some time working out with a kettlebell, go up and shake your friends' hands. They will be quite impressed. Don't grip too hard. You don't want to hurt them.

Working out with the kettlebell will immensely improve your strength and conditioning. Not only will you feel better during your workout routines, but also while living your life day-to-day. You will have far more energy while running errands. That long staircase won't seem as daunting. Whatever hobbies you enjoy, it will be easier to do them because you will have more stamina. You won't feel as tired at work, which means you will be more productive. Exercising with the kettlebell can start improving your quality of life as a whole.

[BALANCE AND POWER](#)

When you are running on a treadmill or using most types of machines, you are moving on a predetermined path. There are not many directions you can go while running on a treadmill. Even if you get creative, you are still quite limited in how many muscles you can engage. When using a kettlebell, you have more diversity in your movements. For this, you need to double down on your strength of the stabilizer muscle with

every moment. When you combine this strength increase of the stabilizer muscles with the core strength we discussed earlier, your balance will become tremendous. You are basically building stability using instability.

Kettlebell training will also help your balance by teaching you to contend with a constant change in the center of gravity. With the various stances and positions you take during each workout, the center of gravity of the kettlebell lays at least 6-8 inches outside of your grip. This causes you to contend with a force that challenges your balance, which is something you will encounter on a regular basis with your activities of daily living.

As an offshoot of balance, kettlebell usage is excellent for improving posture. A large number of exercises target the entire backside. This includes your upper, middle, and lower back, plus your glutes, hamstrings, and traps. All of the muscles in these areas will become extremely powerful, which will result in improved posture. Strengthening your neck muscles, core, hips, and shoulders will contribute to this benefit as well.

We spoke earlier about strength and how kettlebell exercises significantly improve your strength endurance in all areas of the body. The kettlebell also increases your power output. This is a little bit different than strength. Strength refers to your ability to produce force over an extended period of time. Power adds another element to it as it relates more to the explosiveness of the movement involved. Power is basically the body's ability to generate as much force as possible, as quickly as possible. Kettlebell training does this by making you perform fast and explosive movements over and over again. Power is what ultimately wins in most athletic competitions.

Regarding power, let's go back to our friend Mike Tyson again. There is no doubt Mike is a strong guy. If you match him up against someone from a strongman competition and they have a pushing contest, the strongman will probably win. He will be able to generate more force over a stronger period of time. However, if the two had a punching contest, Mike

Tyson would probably win because he can generate a higher force more quickly, meaning he has more explosiveness. Essentially, the strongman is stronger, but Tyson is more powerful.

PAIN BE GONE

A major benefit to kettlebell workouts is the extreme reduction in pain throughout the body. Many people suffer from lower back pain due to weak glute muscles, which make up the buttocks area. These muscles are the largest in the body and are responsible for almost all movement. When they are weak, they do not carry their necessary load, so much of the work falls onto the lower back muscles. These muscles are not designed to carry the same amount of weight as the glutes. Over time, the lower back begins feeling the strain and chronic pain becomes a major issue. This can lead to major injuries down the line that become debilitating. As we strengthen our glute muscles with continuous kettlebell exercises, we give them the ability to start carrying their share. This will significantly reduce the workload on the back and effectively reduce lower back pain.

Major pain due to arthritis can also be prevented as kettlebell exercises improve and maintain joint health. The various workouts require deliberate control during movements, which strengthens the muscles that support your joints. In addition, the elasticity that develops in the ligaments and tendons will increase mobility and help prevent major injuries like strains, sprains, and tears. You will become much more resilient overall.

CONVENIENCE AND OTHER ADVANTAGES

We have discussed numerous advantages already to the kettlebell. One of the most appealing things about them is the convenience. You can work out regularly and intensely without ever having to walk into a gym. If it's raining, snowing, or hailing, you have this piece of equipment at your disposal. Just walk to your closet, or wherever you may keep it, and start your routine with various reps. Within 20 minutes of high-intensity training, you will be drenched in sweat, and

feel a great sense of accomplishment because you put in a great workout.

If you don't want to want to stay at home and workout, you certainly don't have to. The kettlebell is compact and can be carried to many different locations. If you feel like you need some fresh air, take it with you to your local park and do some basic routines there. You can even keep one at work and do some reps during your breaks. Just make sure to not sweat too much while at the office. It's not a very good look for a business environment. If you do like working out at the gym, then chances are they will have kettlebells there too.

The main point is that you can use this diverse piece of equipment almost anywhere. It is very convenient and will provide a great workout at the drop of a hat. No other exercise equipment is required. Of course, you can use others if you choose. As we mentioned before, there are many exercises that can complement the kettlebell, but very few that can replace it. One fact about the kettlebell workouts that I have not pointed out yet is that they are extremely fun to do. You'll probably not miss doing anything else. I will say that it is great only having to worry about having kettlebells in the house, which can easily be stored in a closet or in the corner, versus a treadmill or elliptical, which takes up half of a living room.

There are numerous other advantages that the kettlebell provides. The workouts can be used for active recovery. Adequate recovery is extremely important for athletes or active individuals in general. Unfortunately, sitting on the couch and eating junk food is not a beneficial recovery process. You will come back sluggish and in worse shape than before. If you try to jump back into an exercise schedule, you will basically be starting over. The key is to maintain conditioning. This can be done with some light training exercises to get some blood into the worked muscles. This will speed up the recovery process immensely and keep you in shape in between high-intensity workouts.

One way to use the kettlebell effectively for recovery is to follow some of the regimens of Jeff Martone, who is the Physical Training and Combative Coordinator at the Direct

Action Resource Center. Mr. Martone knows a lot about conditioning. Through many of his videos, he goes over several kettlebell drills where you pass the kettlebell from hand to hand in mid-air. In addition to maintaining blood flow in the muscles, these exercises also improve hand-eye coordination, grip strength, and the ability to absorb shock. The routines also test your brain, so not only will you be physically tired, but mentally drained as well.

We have mentioned this before but will reiterate again, that kettlebell exercises are an extreme time saver. If you could choose between a workout that is 20 minutes versus 60 minutes, and both burn the same number of calories, which one would you pick? With workouts, quality means more than quantity. If you have been to the gym enough times, you have probably noticed the varying level of effort being put in by different individuals. One person is grinding and pushing themselves to the max, while another is barely going through the motions. The first individual will get significantly better results, no matter how long each person works out. To get great outcomes, you have to be more than only present. you have to be fully engaged.



With the kettlebell, when used properly, you will get amazing results. You will burn the same number of calories in 20 minutes than you would with about an hour of running or biking. This is also considering how hard you push yourself while doing these exercises. Imagine grabbing a kettlebell in

the morning, afternoon, or evening, and doing some intense routines for 20 minutes and feeling so much better afterward. You didn't have to leave your house, fix your hair, or really look presentable in any way. You simply started and were done before you knew it. This is not a dream, but a reality. 20 minutes a day, for at least a few days a week is definitely doable, I don't care how busy you are. The fact that you don't have to leave your home is an added bonus. The "I don't have time" excuse is non-existent here. You have time, you just have to use it.

The kettlebell is an amazing product and my only regret is not finding it sooner in life. With all of the great benefits, it is hard to not consider it a great investment. For those of you worried about the cost, compare it to a monthly gym membership or the various exercise equipment you'll need to cover all areas of the body. Furthermore, consider other expenses you can cut out or reduce that will make this investment easier to afford. I am not a financial planner, so I don't want to get too far into this. One thing to remember is, once you get a good kettlebell or two, they will last you a very long time. The sooner you can get one, the better. Go out there and own it.



How to Perform Kettlebell Exercises Like a Pro

We have gone in-depth about the kettlebell and what it is. Hopefully, you are much more informed about them and are ready to get one yourself. However, I do not want it to turn into a paperweight. You are making an investment into your health and as such, the kettlebell must be utilized regularly. Before you start using it, read through this chapter on the proper exercises to perform to gain maximum results and maintain your safety.

We will provide detailed explanations about the most popular exercises that cover beginners all the way up to advanced users. In addition, step-by-step instructions on how to perform various exercises will be given so you will be fully informed. My goal is for you to use this piece of equipment for a lifetime, so I want your initial experience to be great. From there on out I want you to advance safely and efficiently based on your comfort level. I advise that you read this entire chapter before picking up your first kettlebell.



KETTLEBELL SWING

We have mentioned the kettlebell swing multiple times in this book. There is a reason for this. It is probably the most utilized exercise with this type of equipment. What was once only performed by athletes in the Soviet Union, can now be witnessed in almost every gym in the world. This highly versatile exercise tool can help train you towards numerous fitness goals, like increasing speed, raising your vertical jump, improving range-of-motion, or burning high-levels of unnecessary fat.

This exercise may seem simple to the untrained eye. However, it is much more complicated than simply picking up a kettlebell and swinging it around uncontrolled. Not using proper form or technique can lead to lackluster results, and even serious injuries. I will advise any of my clients to never perform a routine, no matter how easy it looks, without proper preparation. I will detail the swing and how to do it correctly.

- First, stand with your feet shoulder length apart to create a strong base. The kettlebell should be about a foot in front of you on the floor. Bend at the waist and grab the kettlebell handle using both hands. Your torso should align with the ground as much as possible and make sure to grab the handles with your palms facing you.

- Before starting, pull your shoulders down and back, then brace your core. Maintain this form throughout the exercise, which will seem daunting at first, but will become easier as you go. Paying attention to your form is crucial for any exercise.
- Lift the kettlebell slowly off the ground and let it swing in between your legs while holding a strong base. Bend your knees slightly during this movement.
- Now, propel the kettlebell into the air by forcefully driving your hips forward. Don't pull up the kettlebell. Just control it with your arms. Do not allow it to swing higher than your shoulders.
- Allow the kettlebell to swing back down through your legs as before while maintaining your core engagement. Move into your next rep fluidly.
- Once you reach your final rep, swing it back down through your legs one last time and then place it on the floor one foot in front of you.

Congratulations, you have just learned the kettlebell swing. As I said, it seems easy, but there is more to it than appears. It will take a while to develop proper form, but once you do, this exercise will feel great. As you saw, we kept our core engaged throughout all of the steps. This technique will severely reduce injuries, especially wear and tear on your spine. Back issues are miserable to deal with in the long run. Never ignore your core. To fully understand how this feels, imagine bracing for a punch or performing a plank. This will cause you to engage many different muscles in the body, which acts as a protective mechanism throughout your body.

There are a few other considerations when performing this routine. These are common mistakes people make that will jeopardize their workout.

- While bending at your knees is important, the bend only needs to be slight. This is more of a hip-dominant exercise and your knees are there for some assistance.

The hips are the drivers and the knees are the passengers. Many people get into a full squat. This is not necessary nor essential to the exercise.

- Many people will use their arms excessively, not realizing they are not the ones powering the movement. When you propel the hips forward, it generates enough momentum to swing the kettlebell up. You do not need to pull it up with your arms. If you do, major injuries can occur. Simply use your arms to control the movement.
- I mentioned in one of the steps to not bring the kettlebell above your shoulders. This is actually a part of the American kettlebell swing, however, I highly advise people to avoid it. It puts unnecessary strain on the shoulders and spine. Our goal is to train the hips.
- The kettlebell swing is a perfect opportunity to coordinate your breathing. Proper breathing techniques can be beneficial to any workout routine as the demand for oxygen goes up significantly. As you lower the kettlebell through your legs, take a deep breath in, and then exhale slowly as you propel the kettlebell up. Practice this coordinated breathing from the beginning so you can improve as your technique advances.

As you improve upon your kettlebell swing, you will see great results along the way. Never discount how simple techniques that target multiple areas in the body can improve your health and wellbeing in so many ways.



1. (Pictured left) Prepare to do the exercise.
2. (Pictured right) Swing the kettlebell through the legs.
3. (Pictured below) Propel the kettlebell up.



[AMAZING KETTLEBELL WORKOUTS](#)

The kettlebell swing will provide a workout geared towards many different body parts and muscle groups. This particular exercise can take the place of so many other workouts. This is especially true when you continue to improve your form, raise your intensity, and increase your reps. That being said, the swing is not the end-all and be-all of training. There are many other exercises you can perform that will have every area of the body covered many times over. We will break these down

into beginner, intermediate, and advanced sections. I highly advise you to follow the sequence. Do not move up to intermediate until you have the beginner ones down. We will discuss these various routines and give step-by-step instructions you can follow.

For Beginners

While these exercises are designed for beginners, they will challenge your muscles in ways you could not have imagined. This is the key to gaining strength. If you have gotten used to dumbbell workouts all of the time, you will enjoy the variety of your new workout routine. I have provided some great training exercises to help you get comfortable with the kettlebell and start you on your new journey to fitness excellence.

Staggered Stance Halo:

This particular exercise works out your core, shoulders, and arms.

Steps:

- Hold the horns of the kettlebell with both hands near the bell. The bell should be facing up at chest height.
- Stagger your feet by taking a big step forward with your right foot. Bend your knees but do not lock them.
- Carefully and slowly circle the bell around your head clockwise.
- After circling, return the bell to the starting position in front of you, and then go in the opposite direction, counterclockwise.
- One rep equals doing one clockwise and one counterclockwise motion. Do about 8-10 of these reps and then switch to your left leg being forward.
- Do another 8-10 reps with the left leg in front.

Staggered S tance Row:

This exercise is great for your upper back, arms, shoulders, and core.

Steps:

- Hold the handle of the kettlebell in your right hand and place your arm at your side. Now, step your left foot forward about 12 inches.
- Bend your knees and lightly rest your left forearm on your left thigh. This should be a simple support. do not rest your entire body weight on your thigh.
- Place your torso at a 45-degree angle to the floor by bending at your hips. Keep your spine straight and your torso engaged. Keep it engaged throughout the workout
- Lift up the kettlebell to your ribs. This is called a row. Keep your elbow hugged close to your side. Pause for a moment at the top and then lower the bell back down. Going up and down is one rep.
- Do about 8-10 reps and then repeat on the other side with the right foot forward.

Staggered Stance Triceps Press:

Here, we will target the shoulders and triceps.

Steps:

- Take the kettlebell by the horns using both hands and hold it at chest height with the bell section up.
- Step forward with your left foot to put yourself in a staggered stance. Turn out your right toes to keep your back foot flat.
- Next, engage your core and tuck your hips. Press the weight overhead. With your arms straight overhead and elbows locked in place, bend at the elbows to lower the kettlebell behind your head while keeping your biceps and elbows hugged close to your head.

- Straighten your arms back up to lift the weight to the starting position again. This will complete one rep.
- Perform 8-10 reps and then switch your stance to repeat with the other leg forward.

Kettlebell Squats:

This is a great way to work out your glutes, quads, and hamstrings.

Steps:

- Develop a strong base with your feet shoulder-width apart and turn your toes out slightly.
- Grip the kettlebell horns with both hands and hold the bell at chest height.
- Keep your back straight, engage your core, and bend at your hips and knees. Bring your butt past down your knees to go into a deep squat.
- Push through strong with your heels to return to a standing position. This counts as one rep. Do about 8-10 reps. You will feel some burning in your targeted areas.

Kettlebell Deadlifts:

Deadlifts are a great exercise for your butt and the back of your legs.



Steps:

- Hold the kettlebell at the handles using both hands with your palms facing towards you. The bell should lay in front of your thighs.
- Form a strong base with your feet hip-width apart and your knees slightly bent.
- Hinge or bend at your hips and push your butt back as you lower your torso while moving the kettlebell towards the grounds. Keep your back straight and your shoulders back.
- Bend until your torso is aligned with the floor.
- Keep your core tight and push through your heels towards the floor to stand back up straight. Keep your arms straight the whole time.
- Pause at the top while squeezing your glutes. This is one rep.
- Repeat about 8-10 reps.

Sit-ups To Press:

It is well-known how beneficial sit-ups can be to your core. Adding the extra weight makes it much more beneficial. The

press when you reach the top also works out your arms and shoulders.

Steps:

- Start off in a regular sit-up position on the floor with your knees bent and feet flat on the floor.
- Hold the kettlebell ball in front of your chest with both hands.
- As you sit-up, punch the weight out and press it over your head when you reach the top of the sit-up. Straighten out your arms as you press up.
- Bring the weight down to your chest and then roll back down to a lying position. You have completed one rep.
- Repeat 8-10 times.

Sumo Deadlifts:

These are similar to the regular deadlift with some variance. It is advisable to use a lighter weight here because you are adding arm work into it.

Steps:

- Stand with your feet wider than your shoulders. Bend your knees and turn out your toes to create a strong base.
- With your palms facing towards you, hold the kettlebell handles with both hands.
- Hinge at your hips and bend your knees to lower your body and weight down. Push your butt back while keeping your back straight. Once you bend fully, your torso should align with the floor.
- While keeping your core tight, push through your heels against the floor and stand straight back up.
- As you stand, pull the weight up towards your face by bending at the elbows.

- Pause at the top and squeeze your glutes together. This counts as one rep.
- Perform 8-10 reps.

Hand To Hand Swings:

Similar to the traditional single-handed swing with some variance. It is advisable to use lighter weight since you'll be using a single hand at a time throughout.

Steps:

- Get into a similar position as you did with the kettlebell swing. Stand with your feet shoulder-width apart and grip the top of the kettlebell handle with one hand.
- Slightly bend at your knees to create a strong base. Hinge at your hips to bend forward and swing the kettlebell between your legs.
- Stand back up while swinging the weight up to chest height. Remember, you are using your hips to propel the weight up and not lifting with your hands.
- Once you reach the top of the swing at the chest level, switch the kettlebell to your other hand and swing the kettlebell back down through our legs.
- Continue the swings while alternating hands for about 8-10 reps.

The one-handed grip of t he handle.



Figure-8s:

This may be the most complex of the beginner exercises, but still not too difficult. They are a lot of fun too. Again, similar to the swing with some variation. You will get more of an arm workout here.

Steps:

- Stand with your feet shoulder-width apart and grip the kettlebell at the handle with one hand.
- Bend your knees slightly to create a strong base. Hinge at the hips to bend forward while swinging the kettlebell between your legs.
- Bring your other hand from behind your legs to catch the kettlebell for a handoff.
- Stand back up while simultaneously pulling the weight from the side of your body to the chest. Bring your newly empty hand to meet the weight in front of your chest. Avoid slamming the weight against your chest by catching it first.
- Continue performing these handoff sequences 8-10 times.

It is advisable that you attempt this routine last as far as the beginner exercises go. Get really familiar with your kettlebell

first.

Push Presses:

This workout targets your arms mainly but also involves your hamstrings, calves, and glutes.

Steps:

- Stand with your feet shoulder-width apart. Grasp a kettlebell in each hand with your palms facing outward. Bend your elbows and bring the weights up so they are resting on your shoulders.
- Bend your knees slightly. As you straighten your knees, push the kettlebells up straight over your head.
- Bring the weights back down to your shoulders as you bend your knees again slightly. Repeat this about 8-10 times.

Squat to Bicep Curls:

These will work out your biceps, upper back, core, and legs.

Steps:

- Create a strong base by standing with your feet shoulder-width apart and your toes slightly turned out.
- Hold the kettlebell at the horns using both hands with your elbows bent. The weight should be chest height. You can decide whether the bell is facing up or down based on what you're comfortable with.
- Hinge at the hips to perform a squat, push your butt back, and bend at your knees until your thighs are aligned with the floor.
- When you're in a full squat, do a bicep curl by straightening both arms until the bell touches the floor. Then bend your elbows and bring the bell back to your chest.

- Push through your heels to return to a standing position. This will be one rep.
- Repeat this about 8-10 times.

Another major beginning exercise is the traditional kettlebell swing, which we discussed in-depth earlier. These exercises will be a great starting point and give you a strong foundation to work off of. Once you feel comfortable with these exercises, you can move onto the intermediate level exercise. Challenge yourself regularly but do not push yourself to the point of injury. These beginner workouts will condition your muscles, ligaments, and tendons.

I hope the visual representations I have provided along with the descriptions will help you understand the workouts well. The various steps are also available throughout many of the references I have provided.

For Intermediate Kettlebell Users

Well, I hope you have become very familiar and comfortable with your kettlebell now. The beginner level workout may be for newbies to the kettlebell world, but that does not mean they won't pack a punch. They are serious training exercises that will make you feel like you got a workout. We will move on to the next level of workouts. Of course, keep the previous exercises as part of your repertoire. They will still serve value. Just add these ones also.

Kettlebell Swing Variations:

Just to touch on the kettlebell swing again, there are three variations of it: the two-handed kettlebell swing, the one-handed kettlebell swing, and the alternating kettlebell swing. I recommend you try these in the order written as they increase in difficulty with each one.

We have already discussed the two-handed kettlebell swing. The one-handed swing is basically the same movements, just using one hand. The alternating swing is like the one-handed swing, you are just alternating hands after each rep. Once the bell reaches the top height at the head level, switch it to the other hand.



Kettlebell Clean:

This exercise takes the kettlebell from the floor and explosively elevates it up and into a position against the chest. The movements here are patterned off the deadlift, so the single-arm deadlift must be mastered well before attempting this workout. This routine works out most of the muscles in the body, similar to the swing. In particular, this workout targets the legs, hips and backs.

Steps:

- Stand with your feet hip-width apart. Create a firm base with your knees slightly bent.
- Keep the kettlebell on the floor directly in front of you.
- Hinge at the hips, push your butt back, and grab the kettlebell by the handle.
- Quickly elevate the bell up to your chest level. Rest it on your chest in the rack position.
- Put it back down and then repeat the step.
- Start with about 5 reps and eventually work up to as many as you can do in 60 seconds.

Kettlebell Reverse Lunge:

The Kettlebell reverse lunge is a continuation or progression of the kettlebell squat. Make sure you can perform the kettlebell squat before moving onto this exercise. This lunge routine is great for increasing the mobility of the hips. It is also the perfect exercise to develop leg strength, sports training, and overall fat loss. This is the best lunge exercise to start with.

To get used to the movements, it is recommended you perform it without the kettlebell first. Once you can complete 20 alternating repetitions comfortably, then add a light kettlebell into the mix.

Steps:

- For this exercise, start where you were in the top position of the kettlebell clean, with the bell resting on your chest in the rack position.
- With one of your legs, take a step back while keeping your torso upright. Your knee should kiss, or almost kiss the floor.
- Take a step back forward to the standing position.
- Repeat this on the same side for 12 reps and then switch legs. Repeat another 12 reps.

Kettlebell Row:

This is another exercise that targets the full body during its movements. It specifically targets the back muscles, as well as the core and legs, which are needed to maintain good positioning. For the movement, imagine that the elbows are being pulled back using a piece of string.



Steps:

- Stand with your feet about hip-width with your knees just slightly bent in order to create a strong base.
- Keep your torso straight and your core engaged at all times.
- Hinge at the hips to bend forward while pushing your but back.
- Pick up the kettlebell with the handle. Maintain the same position with the hips hinged.
- Lift the kettlebell up by bending the elbows and pulling them back. Again, imagine someone pulling at your elbows with a string.
- Perform 12 reps on each arm.

Kettlebell Overhead Lunges:

This intermediate-level workout targets your legs, glutes, abs, back, shoulders, and arms. Just about every area of the body it covered.



Steps:

- Stand with your feet about hip-width apart and your knees just slightly bent to create a solid base.
- Hold the kettlebell by the handle and put it against your chest in the rack position.
- Step forward all the way with one of your legs. Allow the knee of your back leg to kiss the ground.
- Once you are fully stepped forward, press the kettlebell over your head once and then bring it back down to the racked position.
- After this, take a step back to standing position. Repeat this for 10-12 reps and then switch legs for another 10-12 reps.

Kettlebell High Pulls:

This workout targets your legs, arms, glutes, and shoulders. Let's see how this one works.

Steps 1:

- Stand with your feet about hip-width apart with your knees just slightly bent for a strong base.

- Hinge at the hips to bend forward and grab the kettlebell by the handle using one hand.
- Drive the kettlebell up by moving the elbows towards the ceiling. Use the hips to help propel the kettlebell up. Keep the bell close to your body as you are pulling up.
- Repeat about 10-12 reps before switching hands and performing another 10-12 reps.
- Once you are ready, you can actually use one kettlebell for each hand and perform it simultaneously on both sides.

These intermediate-level workouts are challenging. They will provide great improvements in your strength, agility, and cardiac endurance. Once you have mastered these exercises, it is not time to move further. These intermediate kettlebell workouts provide a great bridge between beginner and advanced level training.

Once you move on to the advanced exercises, keep the beginner and intermediate workouts as part of your routine. By the time you learn and incorporate the advanced techniques, you will be getting a full-body workout regularly.

[For Advanced Kettlebell Users](#)

We have made it to the final phase. Now that you have practiced with and are comfortable with intermediate kettlebell training, we will move up to the advanced level exercises. Once again, do not start here until you are able to perform the previous exercises at a comfortable level. These advanced routines are a natural progression from the prior workouts and you will enjoy doing them very much. Plus, you will always get a great workout. Let's get started.

Kettlebell Windmill:

This advanced workout targets the arms, shoulders, and legs. It will also workout out your obliques.

Steps:

- Have the kettlebell directly in front of you on the floor. Stand with your feet shoulder length apart.
- Hinge at the hips and bend forward. Grab the kettlebell by the handles using one hand. Pull it up into the rack position and then press it straight over your head.
- From this position, point your feet to the left at about a 45-degree angle.
- Bend over while keeping the bell in the air. Try to touch your left foot with your left hand. Keep your back straight and your torso engaged the whole time.
- Then come back up while keeping the kettlebell pressed.
- Perform about five reps to start and then repeat five reps on the other side.

Bottoms-Up Press:

These exercises help us develop great body alignment as we are trying to keep the kettlebell from flopping around. This is a progression from the bottoms-up clean exercise. What will become apparent during this exercise is that alignment of the body is more important than grip strength. If your alignment is not good, the kettlebell may flop over and hit you, causing severe injuries.



Steps:

- Start with the kettlebell in front of you on the floor. Stand with your feet about hip-width apart and your knees slightly bent for a good base.
- Hinge at the hips to bend forward so you can pick up the kettlebell by handle using one hand.
- Drive the kettlebell up to the chest and put it in rack position. Make sure the bell side is up.
- From here, press the kettlebell straight up. Once you reach the top, bring it back down.
- Perform about five reps on one side and then switch hands.
- It takes an extreme amount of control and alignment to pull this exercise off.

Overhead Squats:

Before getting to this exercise, you should have practiced many overhead squats by this point. We take the regular kettlebell squat to the next level right here. With this exercise, you will make the heart pump hard in order to send the blood to the top of the arm. This exercise also creates extra demand on upper-body mobility. If you suffer from upper back or shoulder mobility issues, you may not be able to perform this exercise. Check it out for yourself.

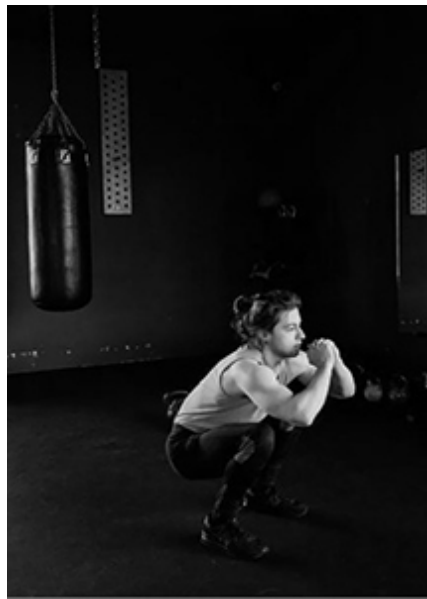


Steps:

- Stand with your legs about hip-width apart and your knees slightly bent to create a strong base.
- Hold the kettlebell by the handle and press it straight overhead. Unlike the bottoms-up press, the bell can be resting and does not have to be pointing straight up.
- Hold your opposite arm to the side parallel to the ground for balance.
- Bend your knees and perform a deep squat, and then drive yourself back up through your heels. Perform about five reps and then switch hands to perform another five reps. You will feel a deep burn in your arms and shoulders.

Kettlebell Snatch:

This is the ultimate exercise goal using the kettlebell for many people. This is a high-level cardiovascular workout that activates most muscles in the body. Before attempting this routine, you should master the one-handed kettlebell swing and the kettlebell high pull. This exercise can be damaging to the wrist if your timing is not right. Poor timing will cause you to bang your wrist at the top of the snatch position. Let's see how you do.



Steps:

- The movements here are very similar to the kettlebell swing. Stand with your feet hip-width apart with the kettlebell in front of you. Bend your knees slightly to create a strong base.
- hinge at the hips to bend forward and pick up the kettlebell by the handle using one hand.
- Pick the kettlebell up and swing between your legs.
- Use your hips to propel the kettlebell up while guiding with your arms.
- Do not stop at shoulder level as you do with the swing.
- Shoot the kettlebell straight up over your head.

- Bring it back down and let it swing between your legs again.
- Perform about 10 reps with each arm.

Kettlebell Plank Row:

This is also called the Renegade row. It is very demanding on your core because you will need to be able to hold a standard pushup position for 60 seconds. Before attempting with kettlebells, try holding the pushup position as stated. Keep your glutes and core tight to keep your back straight and prevent your hips from dropping to the floor. Once you are ready to move onto kettlebells, I recommend using only one to start and then placing the other hand on a box that is of equal height. Once you have this down, then you can move up to two kettlebells.

Earlier in the book we discussed the importance of getting a kettlebell that is flat at the base. This is especially important right here. You need a kettlebell with a stable base, otherwise, it will roll over and crush your finger and even hurt your wrists. If you don't have this, don't even attempt this exercise right now.

Steps:

- To start, have two kettlebells on the floor, separated by a distance that is about your shoulder-width.
- Place one hand on the handle of each kettlebell and get yourself into a standard pushup position. Remember, you need to be able to hold this for at least 60 seconds.
- With one of your arms, pull up the kettlebell by lifting your elbow towards the ceiling as if someone is pulling them up with a string. Then bring the kettlebell back down to the ground.
- Perform about eight reps before switching arms and performing another eight reps.



Pistol Squats:

This is a very challenging leg exercise using the kettlebell. The pistol squat will work out the glutes, hamstrings, quads, core and back. Before getting to this exercise, you should have already worked on hip mobility and stability, because you are going to need it. Before using a kettlebell, it is recommended that you try this exercise by holding a resistance band in front of you and under your feet. Once you get the movement down, then you can move up to the kettlebell. the movement does become slightly easier with a kettlebell because it provides a counterbalance. You will see for yourself.

Steps:

- Stand with your feet hip-width apart with your knees slightly bent to create a strong base.
- Hold the kettlebell by the horns with both hands in front of your chest. Hold it close to you and keep the bell section facing down.
- Bend one of your knees as you go down while stretching the other leg straight out in front of you. You need to be able to balance yourself on one leg as you go down deep. Your buttocks should almost touch the floor.
- Stand back up straight by pushing through your heels.

- Try doing one on each leg and eventually work up to five on each leg.

Straight Arm Sits:

This exercise heavily targets the shoulders and core muscles. In order to prevent tiring the shoulder muscles too early, keep your arm completely locked throughout the movement. Before attempting this exercise, you should have gained good flexibility in the hips and hamstrings. This will help assure that you keep your legs straight throughout the whole movement.

Steps:

Lateral Kettlebell Swing:

This exercise adds some intensity to the traditional kettlebell swing. It is recommended you try this without any weight first before adding the kettlebell. Once you are used to the movement, then a kettlebell can be incorporated.

Steps:

- Stand with your feet about hip-width apart. Hold a kettlebell by the handle in front of you with both hands.
- Practice some two-arm swinging motions to get familiar with the weight and movement.
- Step to the left into a squat while swinging the kettlebell between the legs. Your arms should touch your inner thighs as you swing through.
- At the bottom of the swing, thrust up through the hips to propel the weight forward and up about at shoulder level. While propelling the kettlebell up, step with your right foot and place it next to your left.
- Step with your left foot again while going into a squat and swing the kettlebell through once more between your legs.
- Thrust through the hips once more to propel the weight overhead or just shoulder level while stepping with the right foot again to place it next to the left. The steps that were performed so far count as one lap.
- At this point, step to the right and perform another lap in the same manner going the opposite direction.
- Perform a total of eight laps.

This will be much more exciting than the traditional swing and also provide more diversity.

Deck Squat:

This is also called the rolling squat. This exercise improves joint mobility all the way around while also strengthening the core muscles of the waist and glutes. The deck squats are also a great cardio workout as you are transitioning from vertical to horizontal positions and then back again. This exercise will add muscle tone throughout the body which you will feel once you begin doing it. Once again, it is recommended you try this without weights and then bring in the kettlebell when you are ready.



Steps:

- You begin this workout in the standing position while holding the kettlebell in front of you at the horns with both hands. Stand with your feet hip-width apart.
- Perform a deep squat while keeping your heels on the ground and your chest up.
- Once you are at the bottom of the squat, roll backward while keeping your feet stuck to the floor.
- Position the kettlebell over your head onto the ground. Drive up your hips to create a bridge. Do not overextend the hips here. Keep your back straight.
- Use the momentum of the kettlebell and throw your arms forward to propel yourself back into a deep squat position.

- Stand back up to the starting position by pushing through your heels and keeping your feet planted to the floor.
- You can make your stance wider if you have difficulty with the deep squat.
- Shoot for about eight to 10 reps here.

This brings us to the end of our specific exercises. I hope you enjoyed going through them. Honestly, I could have come up with several more in each category, however, if I included every possible kettlebell exercise, I could write a whole separate book on those. Or maybe even several. I selected these exercises to create diversity in workouts and make sure we target all of the major areas of the body. Of course, you can certainly research many more workouts when you feel comfortable doing so.

Get familiar with these ones first. The different variations can probably provide you with different workout routines for weeks, or even months. You can also stick to these workouts much longer by increasing your reps and intensity.



[ADDITIONAL GUIDELINES](#)

We have mentioned several of these rules already throughout the book. However, in order to ensure your safety and help you get the most out of your workouts, we will summarize a

few important tips right here. Read these and understand them well before moving into the workout samples in the following chapter. Some of these suggestions may seem obvious, but it is easy to overlook them during an intense workout session.

- Use the correct weight according to your comfort level. You can start off with weights that are slightly higher than if you were doing dumbbell workouts, however, do not go too high to the point you hurt yourself. Also, you can practice some of the routines without using weights first to get familiar with the movements.
- I have been pushing for not using gloves during these workouts, but if you feel you need to use them, then go ahead. Find ones that are thin and will not impede your movement too much. You can also use protective equipment like sleeves for the knee and weight belts. For exercises that involve lying on the floor, a good workout mat is recommended.
- During thrusting movements, it is imperative to protect your back. This is why you must use your hips to propel the movement. Don't force the movement with your arms or anything else.
- When you first start, it is important to focus on form first before worrying about repetitions. You can do 100 reps the wrong way and not receive an adequate workout, plus obtain a severe injury. Getting the right form down first will help to make sure your workout is done properly and you are engaging the proper muscles. To help find flaws in your form, perform routines in front of the mirror so you can watch yourself.
- Keep your grip firm throughout the entire workout. This will allow for good control over the kettlebell. This will become easier as your grip strength improves.
- Engage your wrists and do not bend them. This will really do a number on them over time and you risk

severe injury during ballistic workout sessions.

- It is advised to have some kind of conditioning prior to starting kettlebell workouts. Lifting kettlebells is a different animal than lifting dumbbells or other weights.
- Make sure to follow the sequence as provided. Do not jump into intermediate level workouts before mastering the beginner level ones. Many of these exercises are a progression, so you must get comfortable with one before attempting the other.

Remember to have as much fun as possible during these routines, but pay attention to your own safety as well. If you get hurt, you won't be able to exercise anyway. Always keep your safety in mind and get the best workout you can.



A Complete Kettlebell Workout Sample

I hope you enjoyed that chapter covering the various workouts using the kettlebell. You can certainly do these individually, however, to get the best results, you need to develop a full workout routine that encompasses numerous exercises. Once you do this, you will engage almost every muscle group in the body. When you combine five, six or more of the exercises we have covered inside a 20-minute period, you will feel accomplished and will probably have performed the best workout of your life.

When setting up a schedule, you can combine exercises from the beginner, intermediate, and advanced list. Especially since different workouts are covered in each section. In addition to providing workout samples, we will help you come up with your own routines that are right for you. I want this to be geared towards you and your personal needs and not just be some general guideline. As we go through the sample exercises, we will provide detailed information about the number of sets and repetitions involved. Once you begin performing these routines, you will become addicted.

[THE WARM UP](#)

It is never a good idea to jump into a high-intensity workout without warming up first. In this first section, we will provide instructions for proper warm up so you can maximize your kettlebell workout and prevent significant injuries. A warm up of any sort is a pre-workout to help you get ready for action without wearing you out. By the end of your warm up, you should feel far more energized than you did before. With the kettlebell warm ups, your joints like the elbows, wrists, hips,

and shoulders will be loosened up and flexible, so you will be ready for more intense exercise routines.

Many different fitness experts have a wide variety of exercises they perform during the warm up phase. Whatever workouts you personally use, just remember that the goal is not to wear yourself out from the beginning. Your goal is to build yourself up right before you engage in the high-intensity workouts you will perform. It is essentially like firing up a rocketship right before it takes off. After several minutes of building yourself up, you should feel warm because your blood is flowing, your breathing should be accelerated, heart rate should be up, and your muscles and joints should be loose.

Mike Salemi is a Sports Performance Specialist whose focus is primarily geared towards kettlebell workouts, golf, and combat sports like MMA. Mr. Salemi does numerous workshops on the kettlebell, along with many other fitness topics. He has a specific workout flow that he uses for his own warmup drill. This routine is also used prior to grappling training by many of the athletes who work with him. As we flow through these workouts, the goal is to have a smooth transition between each exercise, there should not be a lot of starting and stopping. The following list is a sample kettlebell flow warm up. It is advisable to use a light kettlebell for easy moving without too much intensity.

- Kettlebell Halo: Start the warm up phase by holding the kettlebell by the horns and have the bell part facing up. In a circular motion, guide the kettlebell closely around your head, like you are making a halo. Keep your elbows bent the whole time. After doing about 10-12 reps, move onto the next exercise.
- Goblet squat: Now, depress your shoulders away from your ears, and then simultaneously hinge your hips and knees and perform squats while keeping your torso straight and upright.
- Side lunge and cossack squat: Next, take a large step to your side and perform a side lunge. Sit your hips back and let your torso angle forward. After doing the lunge,

perform the cossack squat by stepping out in the same manner. However, instead of keeping both feet planted, allow the foot of the straightened leg to point upward towards the ceiling. Keep the torso with the cossack squat to remain more upright than with the side lunge.

- Begin the windshield wiper routine with both knees bent, feet planted, and torso upright. While maintaining good posture, bring the kettlebell in front of your body out as far as you comfortably can. Dig in your heels and drop both knees onto one side while pulling the kettlebell into your hips. Repeat the movement on the other side.
- Next, sit with one knee up and the other knee laying tucked on the floor. Bring the kettlebell out in front of your body as far as you comfortably can. Make sure to maintain good posture. Shift your body weight forward and push off using your bottom leg. Sit up tall while pulling the kettlebell into your hip. Transition back to the ground and repeat on the other side.
- Finally, lunge back up to a standing position. Repeat this flow about 2-3 times.

The kettlebell workout should be as seamless as possible to create smooth transitions. The goal again, is to not be intense, but get everything geared up. Once you have performed this routine well, you are ready to move into various kettlebell workouts. A good warm up session should average about five to six minutes. It may take you more or less time based on various factors. You may also use various types of workout clothing, like a sauna suit, to work up a sweat more quickly.

Many other fitness experts have their own warm up routines you can follow. They can be found on the websites below. Once you are experienced, you can come up with some of your own as well. Overall, once you feel warm with at least a slight sweat, loosened up, energized, and ready to workout, the warm up is complete.

www.instructables.com/id/How-to-Warm-Up-for-a-Kettlebell-Workout/

breakingmuscle.com/learn/the-3-phase-kettlebell-warm-up

www.kettlebellkings.com/kettlebell-warm-up-flow/

Check out these links for many other ideas and tips for warm up exercises. My main goal is to keep you safe and injury-free throughout at all of this. It starts with a good warm up routine. Again, you may use a lighter weight during this phase before we get into more intense training.

FULL-BODY KETTLEBELL WORKOUTS

We will begin our kettlebell workout samples with some full-body kettlebell training circuits. These exercises combined together will literally workout every area of your body, and trust me, you will feel it. You won't believe how these training methods, which will be limited in their time, will make you feel afterward. We will start by introducing the beginner level workouts. Even if you are more fit and used to exercising, you may still want to start here. It is important to get familiar with your kettlebell and the last thing I want is for you to lose interest because you get hurt. If anything, you can move through the beginner workouts if you feel comfortable doing so.

Beginner Kettlebell Workouts

The goal of these workout sessions is to create density. This means to perform as many rounds of the various workouts within a 20-minute block. Track how many rounds you do day-by-day and week-by-week and try to increase them from there. Create as much density as you can to get the best workout possible. 20 minutes of intense training is all you need. Don't think you have to spend hours doing various exercises. Trust me, you do not! We covered many of these workouts in the previous chapter. So, as we go through, we may not get as in-depth with specific forms, but will still provide step-by-step guidance through the routines. Let's get this sequence started.

Goblet Squat To Carry:

This will be the beginning of the sequence. To start the goblet squat, stand with your feet shoulder-length apart, chest up and abdominals fully engaged. Hold your kettlebell at the horns with the bell section down and in front of your chest. Squat down with your chest up and back straight. Squat down until your elbows touch your knees and then push through your heels as you stand back up.

Once you have fully stood up from the goblet squat, it's time for the carry. With your chest up, abs engaged and kettlebell stable, take a full distance step forward with one of your legs and try to touch the knee of the other leg on the ground. Make sure the step is quick, but also controlled. After taking the full step, stand back up and repeat the full sequence of goblet squat to carry once again. Perform about 5 reps while alternating which leg you step out with.

This exercise is a great one for your legs because they create a lot of tension. They will also elevate the heart rate and will hit the abs and biceps towards the end of the session. Maintaining your posture throughout is very important. Once you have completed your reps, it is time to move to the next part of the sequence.

Kettlebell Swing To Suitcase Carry:

After completing the goblet squat to carry reps, move smoothly into this phase. For the kettlebell swing to suitcase carry, hold the kettlebell at the handle with both hands, using proper form, swing the kettlebell between your legs, then pop your hips forward to force the kettlebell forward up to about shoulder-head height. Let the ball swing through the legs again as before for the next rep. Perform about five reps.

After performing the swing, stand tall with your chest up and abs fully engaged. Hold the kettlebell to your side by the handle using one hand. Place the other hand stretched out to your side and parallel to the floor. This will help create good balance. Walk with a big step forward to full distance, then switch arms and walk back to the starting position. Perform again with the other arm. Do about five reps with each hand before moving onto the next phase.

The swing will target your grip strength, hamstrings, and glutes. Plus, they will help you develop a good hip-hinge with the propelling movements. The suitcase carries are great for the oblique muscles. Try not to lean to the side and don't rest the kettlebell against your leg. Keep it slightly away from you. This is a simple workout that really pumps up your heart rate.

Kettlebell Push Press To Overhead Carry:

Let's now transition into the final phase. For the kettlebell push press, begin in the rack position with the kettlebell in one hand. Have the kettlebell at shoulder height and keep your elbow tucked into your side for support. Keep your other arm out parallel to the ground. Drop down into a quarter-level squat and then shoot back up. Use the momentum of upward movement to press the bell directly overhead. Lower the bell back down to start position and repeat the rep. After five reps, switch hands and perform five more reps on the other side.

After the final push press, move into the overhead carry. From the top position of the push press, keep your arm locked and maintain your other arm stretched out parallel to the ground. Keep the kettlebell in a stable position above your head by keeping your abs engaged and your torso straight up. Take a step forward using full distance and then take a step back to the beginning position. Perform five reps on each side.

The push press is a great test of full-body stability and power. The overhead press is great for the midsection and shoulder stability. After completing these sequences in a row, repeat everything from the beginning until you reach the 20-minute mark. I recommend you use a stopwatch with a timer. Even if you have a clock nearby, it can be hard to keep track once you're fully engaged in your workout. After the 20 minutes, assess how well you have done and write it down. If you were able to get two or three rounds in, that's great! Use this as your starting point and work up from there. Set goals for yourself. If you started off with three rounds at the beginning of the week, shoot for four or five full rounds by the end of the week.

Once you get comfortable with this beginner sequence, then you can move onto the advanced exercises. Move up at your

own pace though. This is not a race. You do not have to compete with anyone but yourself.

We will now look at another set of exercises that will provide full-body workouts. These routines were developed by a high-level trainer and coach, Rob Sulaver. The purpose is to help you get very comfortable with your kettlebell while giving you a great workout. Trust me, you will be sweating by the end. Mr. Sulaver developed something called supersets, which are two different exercises paired together that combine strength and power movements.

During these supersets, you will perform two exercises back-to-back, get a small rest, and then move onto the next pair of exercises. There will be a total of three sets. We will denote the pairs as A, B, and C. The entire sequence will look like this:

- Three sets of A1, followed by three sets of A2, rest
- Three sets of B1, followed by three sets of B2, rest
- Three sets of C1, followed by three sets of C2, rest

Once again, you can repeat this sequence until you reach the 20-minute mark. After 20 minutes, you will feel like you have spent 2 hours at the gym. It will be an amazing feeling. Since the power exercises can be challenging at first, it is recommended to use lighter weights until you master the movements of the routines. We will go over the exercises with each pair.

First Pair:

- A1) Front squat: This one targets the legs and glutes. Grab the kettlebell handle with your right hand and put it in the rack position against your chest. Extend your left arm out to the side for good balance. Start in the low squat position, then engage your core. Stand straight up from the low squat position. Perform three sets of 10 reps.

- A1) High pull: This exercise targets the shoulders, back, glutes, and legs. Place the kettlebell in front of you on the floor. From a squat position, grab the handle of the kettlebell with both hands and have your palms facing you. From the squat, drive yourself upward explosively while bringing the kettlebell up under your chin. Lift your elbows and shoulders while doing this. Return back to a squat position. Perform three sets of 20 reps.
- Rest for a little bit before moving into the next superset.

Second Pair:

- B1) Romanian deadlift: This exercise targets the glutes and hamstrings. Stand with your feet shoulder-width apart. Grab the kettlebell using both hands by its handle with your palms facing you. Bend your knees slightly and hinge at the hips to bend forward. Stand straight up from this position by driving your feet into the floor. Perform three sets of 10 reps.
- B2) Swing: The traditional swing targets your hamstrings, glutes, back, abs, and shoulders. We described this workout thoroughly in the prior chapter. Perform three sets of 20 reps.
- Rest for a little bit and then start the final superset.

Third Pair:

- C1) Clean and press: This exercise targets the glutes, legs, back, and shoulders. Place the kettlebell in front of you on the floor. Keep it near your right foot. Straighten your left arm out to the side for good balance. Engage your core while getting into a low squat position. Grab the kettlebell by the handle with your right hand. From here, stand straight up while bringing the kettlebell straight up over your head. Return back down to the squat position while lowering

the kettlebell. Perform 10 reps with each arm and do three sets total.

- C2) Renegade Row: This exercise targets your Glutes, abs, back, and arms. We also discussed this exercise thoroughly in the previous chapter. Perform 10 reps on each side and a total of three sets.

Perform these beginner full-body workouts with the kettlebell and see how you feel. Once you are comfortable with these sample exercises, then you can move on to the advanced exercises. When you become more familiar with kettlebell workouts and movements, you can even start creating your own full-body circuits.

[Advanced Kettlebell Workouts](#)

We will now go over some advanced level full-body workouts using the kettlebell. When you are ready to start these, you will truly challenge your strength, mobility, and power. Like the previous ones, these workouts will target numerous muscles throughout the body, but we will just take the level up a few notches. Our first advanced series will be three separate workouts performed and repeated within seven minutes. This will provide some high-intensity training.

Kettlebell Full-Body Workout 3:

The full routine of this workout will call for the following:

- Kettlebell snatch: Perform eight reps on each side. Use either 16 kg or 24 kg weights. This full-body exercise activates just about every muscle in the body, plus helps to promote explosive power through the hips and upper body. The movement for this exercise is similar to the deadlift motion. Use your hips to powerfully thrust the kettlebell up and then punch your hand straight up in the air over your head. Bring the kettlebell back straight down and between the legs. The bell should not move in an arch like the swing exercise. After one set of reps, move to the next workout smoothly.

- Kettlebell side lunges: Perform six reps on each side. This workout improves single leg strength significantly as well as mobility of the hips. Hold the kettlebell by the horns with the bell facing down. Step to the side with the right leg and stretch out while keeping your left leg completely straight. Step with your left leg and place it next to your right, and then repeat the process. After performing six reps on each side, move onto the third workout of the series.
- Kettlebell clean and press: Perform six reps on each side. This final full-body workout will significantly promote strength of the legs, buttocks, hips, core, shoulders, arms, and back muscles. For the first step, perform the kettlebell clean movement from the floor to the chest. The kettlebell should now be in the racked position. Your hips do the majority of the work, and your arms just work as a guide. From the racked position, press the kettlebell straight over your head. Slowly lower it back down to the floor. After performing six reps with each arm, start the sequence all over again and repeat as many times as you can in seven minutes.

This full-body workout is intense and your goal is to increase the number of times you repeat the series in the set time frame. To get more in-depth into the specific steps, refer to the workouts in the previous chapter. I hope you enjoyed this explosive exercise training routine. Let's move on to the next one.

This next one is another set of four workouts that target almost every major muscle in the body. This sequence may not seem so daunting at first, however, after several rounds, you may be second-guessing yourself about why you started. Okay, maybe not, but you will certainly be feeling the burn. Here is the sequence to follow.

- Five kettlebell swings
- Five kettlebell squats

- Five kettlebell presses
- Finish off with three overhead reverse lunges on each side

Over finishing the sequence, repeat for a total number of 12 rounds. You will definitely be tired and working up a major sweat after this one. If you cannot do 12 the first time, then perform as many as you can, but definitely work up to 12 rounds total.

We have one more workout series to go over in this section and it may be the difficult one yet. Do not attempt this routine until you are fully ready to engage from start to finish. Once you pick up the kettlebell for the first exercise, you will not put it down until you are completely done.

12 Advanced Kettlebell Exercises:

Just as the name suggests, the full routine consists of 12 separate exercises. As you go through the sequences, you will transition from one exercise to the next without putting the kettlebell down. This is a very demanding workout and only for experienced kettlebell users. Master these exercises alone before doing them together in a full series.

- Bottoms up clean: Start with 10 reps of the bottoms up clean on each side. This is an excellent exercise that will challenge your grip strength, body alignment, and core. Pick up the kettlebell from the floor by grabbing the handle. Thrust it up so it is sitting next to your face with the bell section up. Make sure the kettlebell does not flop over and hit you in the face. This is where keeping a locked wrist and a strong grip become essential. After finishing all the reps, smoothly transition to the next exercise.
- Windmill: Perform five reps on each side. This workout will challenge your shoulder stability, as well as the mobility of your shoulders and hips. The steps for this workout can be found in the previous chapter.

- Goblet squats: This is the third workout in the series. Perform a total of 20 reps. You are probably feeling quite a burn right now. This fundamental workout will target your legs, buttocks, and hips while raising your heart rate. As you perform deep squats, keep a strong grip on the kettlebell horns and keep your elbows tucked in close to your sides.
- Single-handed kettlebell swing: This is where we truly begin the cardiovascular part of the workout series. Make sure to drive through your hips every time to propel the kettlebell up. Perform a total of 10 reps with each hand.
- Kettlebell high pulls: From the swing, switch hands again and move straight into the high pull. Your grip should be tight and your wrist and forearm should be in a straight line. Perform 10 reps with each hand.
- Kettlebell snatch: At the top section of the pull during the last rep, transition now into the snatch. Timing is crucial with this exercise as you pull and push your hands through the handle. Repeat this exercise 10 times on each side.
- Side lunge and clean: This advanced level workout requires good coordination. Perform the kettlebell clean as you return back up from the deep lunge position. Keeping a strong core and a straight back is essential for getting the most out of the movements, and preventing serious injuries. Perform 10 reps on each side.
- Lateral swings: This exercise will provide you with some essential core rotation movements. Be careful not to hit your front knee as you swing the kettlebell across the body. Here are the steps for the lateral swing.
 - Place the kettlebell in front of you on the floor, close to your left foot.
 - Keep your feet hip-width apart.

- Hinge at the hips and grab the handles with your right hand and pick it up.
- Thrust it up and to the right and then swing it back down. The movements are side-to-side instead of forward and backward.
- Keep your back straight and abs engaged throughout the workout.
- Switch hands seamlessly when reps are completed on one side.

This is another great evolution to the traditional swing workout. Perform 10 reps on each side.

- Static lunge and press: We will now start challenging your balance. You will perform this routine by doing the lunge and press without moving your feet. Here are the steps to this workout.
 - Stand with your feet spread apart by keeping your right foot forward and your left foot back. Slightly bend at the knees for a good base.
 - Keep the kettlebell pressed straight over your head, while holding it by the handle.
 - Bend at the knees and allow your back knee to kiss the floor. As you come down, lower the kettlebell into the rack position on your chest. Press it back up over your head as you stand up.
 - Perform 10 reps on each side.
- Half reverse Turkish get up: We are heading into the last portion of this extended sequence. since your stabilizer muscles in your shoulders will be tired, perform the movements of this exercise slowly. With some of the kettlebell workouts, you may be able to fake your way through. Of course, this will be quite difficult. You won't be able to do this with the Turkish get up. If you have a weak core, poor mobility, or weak stabilizing muscles, you will not be able to perform the

movements. you will be stopped dead in your tracks. You will see the complexities as we go through it. If you are ready, here are the steps to this workout.

- Lay completely flat on the ground. Hold the kettlebell straight up in front of you by the handle.
- Bend your right knee and keep your foot planted to the floor.
- Squeeze the handle as you sit up along the line of your arm. First, move up to the elbow position, and then to the hand.
- Keep the kettlebell arm down with the shoulder in the socket and the other shoulder away from the ear. Make sure the movements are smooth and not jerking.
- Using the heel of the bent leg, drive your hips into the air and go into a full hip extension. Push up with the opposite hand from the kettlebell too. There should be a straight line from the kettlebell to the bottom hand on the floor.
- Open up the chest by creating distance between the bottom shoulder and ear. Squeeze the glutes.
- Sweep the straight leg back and through so you end up in a half-kneeling position. Bring the leg straight through and not in a circular motion.
- always keep your eyes focused on the kettlebell.
- Take your hand off the floor and straighten your body by folding sideways at the waist. Be mindful of keeping your back straight.
- Take your eye away from the kettlebell and stare forward.
- Drive to the ground with your front heel and stand up.

- Steady yourself and reverse the movement to lay back down.
 - Perform 10 reps on each side.
- Bob and weave: You will now be working out your legs with some sideways movement. Take good deep steps all the way and keep the kettlebell close to your body. Here are the steps to this exercise.
 - Hold the kettlebell at the bell section with both hands and the handle up. Stand up straight with your feet together.
 - Squat down low and step with one foot to the side.
 - Now step in the opposite direction with the other foot.
 - The movements should look like when a boxer is bobbing and weaving.
 - Perform a total of 20 reps.
- Clean, squat, and press: You have reached the final exercise. Congratulations, but now, finish strong. Start in the clean position standing up with the kettlebell racked against the chest. From this position, squat down, and then thrust back up. As you shoot up, press the kettlebell straight over your head. when you squat back down, bring the kettlebell back to the rack position. Perform 10 reps on each side. This is a very demanding exercise and a strong way to finish off the sequence.

Good job! You just completed a very intense whole body workout challenge. You are probably feeling it right now in every single muscle. You may have even found muscles you didn't know existed. You may have noticed that I incorporated more detail in some workouts than others. This is because for many of them, the steps have already been laid out. Just refer to the previous chapter. I hope you enjoyed these full-body kettlebell workouts. We

will now focus on specific body parts and regions. You will still be working out multiple muscles and getting some diversity.

ARM WORKOUTS

These amazing workouts will give you stronger and more toned arms than you ever imagined. You will truly start getting shredded. The first kettlebell arm workout routine will take about 15 minutes. Each exercise is anywhere between 90 to 120 seconds with minimal rest in between. For the most part, we will be transitioning smoothly between the exercises.

The first sequence will involve six different workouts that target the arms. you should have practiced these individually already. If you haven't, please do so, because the movement now will be pretty constant and you will have a hard time keeping up if you have not trained in the motions. Let's get started.

- Kettlebell swing: We will begin this series with the traditional kettlebell swing. Perform three sets of 20 reps. Rest for a few seconds and then move on.
- Figure eight: We described this exercise thoroughly in the previous chapter as a beginner's workout. Perform three sets of 20 reps.
- Shoulder press: Use a lighter kettlebell for this workout if you have one. Perform three sets of 10 reps for each arm. Stand with your feet shoulder-width apart. Pick up the kettlebell by the handle, bring it into the rack position and then press it straight up over your head. Return it back to your shoulder. The movement up and down is considered one press.
- Kettlebell overhead extension: Perform three sets of 20 reps here. Hold the kettlebell by the handle and keep it behind your head with your arms fully

extended. Slowly bend at the elbows and lower the kettlebell until it is roughly aligned with the base of your neck. Keep the elbows pointing forward and upper arms close to the sides of your head while bringing down. This is considered one rep.

- Single-arm row: Perform three sets of 10 reps for each arm. Get yourself into a lunge position. Start with your left leg forward and bent at 90-degrees. Keep your back straight. Pick up the kettlebell with your right hand. Pull up on the weight by bending your elbows. Pull your elbow up until it is aligned with your waist and then lower the kettlebell back down.
- Bicep curl: Perform three sets of 20 reps. This will be the final exercise of this arm series. Stand with your feet shoulder-width apart. With both hands, hold the kettlebell by the handles with the bell facing the ground. Lift the kettlebell to your chest slowly by bending at the elbows. Don't lift your elbows. Keep them close to your sides. The biceps should be doing all the work.

I hope you enjoyed this first series of arm workouts. You will find with the kettlebell, that many more muscles are being targeted than with a regular dumbbell.

We will now look at several amazing arm workouts to target your upper body and give you amazing results. These separate workout routines will maximize your results. They will be intense and diverse so make sure you are warmed up and with loose muscles before you begin. Let's see how these routines work out for you.

Workout #1

Start this workout with one single-arm clean, then one single-arm press, and finish off with a 20-40 meter single-arm racked carry. After you complete the press, lower your arm into the racked position on the chest.

From here, carry the weight for 20-40 meters as tolerated. Perform two sets of this circuit with one arm, then switch sides and perform two more sets with the other arm. Work your way up to five reps.

Workout #2

For workout number two, perform the following sequence:

- Five double cleans
- Five double presses
- Five kettlebell front squats
- Five renegade rows.

Perform up to five sets and rest for about two minutes in between each set. Double means using two kettlebells.

Workout #3

For this workout, perform the following sequence:

- 8-10 double cleans and press followed by 4-6 pull-ups
- 6-8 bottoms-up presses
- 10-15 single-arm rows
- 15 kettlebell pushup

Perform five sets of these workouts. This entails quite a lot so only perform reps as you feel comfortable. Use the above numbers as your goal and then work up from there.

Workout #4

This also involves many different workouts so perform the reps as you feel comfortable. The number of reps is important, but not as critical as maintaining the correct form. Here is the sequence involved:

- 6-8 pull-ups x5 sets

- 8-10 bottoms-up clean to squat on each side times five sets
- 6-8 single-arm floor press each side times five sets
- 10 kettlebell snatches on each side time five sets.

Make sure to rest for two minutes between each circuit.

Workout #5

- One double clean to press followed by one pull-up. Eventually, move up to 10 reps. In this case, the sequence would be 10 double clean to press, followed by 10 pull-ups. These are regular pull-ups and don't involve the kettlebell. They simply complement the kettlebell workout.

There are many more sequences you can come up with involving different arm workouts that we have gone over. We will now move on to the next region.

KETTLEBELL LEG WORKOUTS

We will now focus on some intense leg workouts. After going through some of these, no one will ever accuse you of missing leg day again. Many kettlebells workouts target the power-generating muscles of the lower body like the glutes, hips, and hamstrings. Many runners have stated that using the kettlebell improved their stride. The following workout circuits will build a strong, lean, and powerful set of legs.

4-Move Kettlebell Leg Workout Circuit

While performing this sequence, transition between the different exercises without stopping. After completing one set, rest for about three minutes and then complete another four sets using the same routine. By the end, you will have completed five sets of these four kettlebell leg workouts. Once again, the exercises we have described in earlier sections will not be gone into great detail about. Just a few minor points will be mentioned.

- Kettlebell pistol squats: These target many of the power generating muscles of the lower body. They also require great balance while holding yourself on one foot. Perform 10 reps on each leg.
- Kettlebell swings: Once again, we have detailed this exercise several times as well as the many variations of it. Perform 10 reps total.
- Goblet forward lunges: Here are the steps for performing the goblet forward lunge.
 - Stand with your feet shoulder-width apart. Hold the kettlebell by the horns using both hands. Stand upright while holding the kettlebell close to the chest.
 - Step forward with the right foot and place it flat on the ground. Take an extended step when you do so. Bend the right knee and go into a full lunge stance. Right knee should be at a 90-degree angle at the end.
 - From here, drive through your right heel to push yourself back up to a standing position. Repeat the same steps with the other leg.
 - Perform 10 reps on each leg.
 - Once you become more experienced with this, you can use two kettlebells and let them hang on each side.
- Goblet reverse lunges: For this exercise, you will use a similar stance as the forward lunge. The main difference is that you are taking a step back rather than forward. For example, as you take a step back with your left leg, you will slowly descend by bending the right knee to get into a full lunge position. Stand yourself back up by driving through the right heel. Repeat the steps using the other leg. Perform 10 reps on each leg. Similar to

the forward lunge, you can use two kettlebells to make this more challenging when you are ready.

This sequence of four workouts will really power up your legs.

15-Minute Kettlebell Leg Workouts For Mass

This is a great workout sequence for anyone who wants to add some muscle mass to their lower body. As you get comfortable, you can add more weights and increase the number of reps. We have described all of these exercises in the book already.

- Goblet squats: Perform as many of these as you can for three minutes straight. Make sure to go into a deep squat each time. Rest for 30 seconds after this routine.
- Kettlebell snatch: Also repeat these as many times as you can for three minutes straight. Rest for another 30 seconds.
- Goblet forward lunges: Once again, repeat as many goblet forward lunges as you can for three minutes straight. This is the final workout of the sequence.

If you are up to it, you can repeat the exercises again and as many times as you feel comfortable. I will admit though, those three minutes will do a number on you. Especially as you increase reps and intensity. The 30 second reps are crucial because the three minute workouts will be brutal.

35-Minute Kettlebell Lunge Routine

I will go over one more kettlebell leg exercise circuit. This 35-minute routine carries some basic exercises but will give you a great workout that targets all lower body muscle groups. Before performing the specific kettlebell exercises, you can perform several different HIIT

workouts as a warm up. You can also use the warm up routines we gave you earlier.

- Kettlebell swings: Perform as many reps as you can for five minutes and then rest for two minutes.
- Goblet squats: Perform as many high-quality squats as you can for five minutes and then rest for two minutes.
- Goblet reverse lunges: Perform as many reps as you can for five minutes while alternating legs. Rest for another two minutes.
- Goblet forward lunges: Finally, perform as many reps as you can for this exercise for five minutes. Rest for another two minutes.

If you are feeling up to it, you can perform the sequence again. If not, 35-minutes doing these particular exercises is plenty. With extended workout times, people often become sloppy with their movements. This means the workout they are getting is not meeting its potential, and there is a higher risk of injury. Maintaining proper form for the full five minutes is essential.

These leg workouts will power your lower body in a major way. You may never want to do another leg exercise again. When you think about it, there are very few kettlebell workouts that do not involve your lower body in some way. When you get comfortable, you can start developing your own routines.

[KETTLEBELL CORE WORKOUTS](#)

You may be thinking you can just throw any kettlebell routine in here and it will work. In a way, you are probably right. However, I want to provide you with some great workout circuits that will hone in on your core muscles and strengthen you in this area. We utilize our core strength during many different activities in our lives. This could mean playing sports, moving furniture,

performing essential job functions, or just walking around. Having good core strength also does its part in protecting your back by not allowing it to carry too much of a load.

When people think of the core, they imagine the abdominal muscles. These are included, but only as a single part. Our core also includes the pelvic floor muscles, obliques, diaphragm, trapezius, and glutes, just to name a few. This covers a wide area of the body and simple stomach crunches or sit-ups will not do the trick. They certainly have their benefits, but they only cover a small portion. Plus, having to get on the floor is not the most appealing method of working out. That being said, there are some kettlebell workouts that require you to be on the floor. However, you can opt to trade those in for different exercises involving the kettlebell. Of course, if you do keep them as part of your routine, you will still get much more benefit than what regular crunches will give you.

We will now go over some kettlebell training that will heavily target your core muscles. When you improve your core strength, you will heavily improve your overall strength, stability, and power. I spoke of the power of Mike Tyson before. Well, I don't think I can promise you that. I can assure you that these core workouts will make you feel more solid than ever before. Let's get started with some amazing workouts.

[A 20-Minute Ab Workout Circuit](#)

This first sequence of workouts consists of six popular kettlebell workouts that will highly target your core strength and power. This routine as a whole combines core-torching movements with focused abdominal workouts. You may feel sore tomorrow, but you will feel your core power start going up in notches. Before you get started, it is recommended you have one lighter weight kettlebell and one heavier kettlebell which you will be

switching out based on the particular exercise. Here is the sequence you will follow.

- Start with the kettlebell swing and perform 12 reps total. Use the heavier kettlebell right here.
- Next, move into the reverse lunge with kettlebell pass. Continue with the heavier kettlebell. We discussed the reverse lunge routine already. For the pass, once your knee reaches the ground during the lunge process, start passing the kettlebell under the front leg from one hand to the other. As you drive yourself up from the lunge, complete the pass process as you return to standing position. If the kettlebell started in your right hand, it will now be in your left. This one rep. repeat the process using the opposite side for the next rep. Perform a total of 12 reps, or six per leg.
- For the third workout, We will perform a half-kneeling kettlebell chop. Use the lighter kettlebell here. Get into the kneeling position with your right leg forward. Hold the kettlebell beside the right hip with both hands. Keep your arms slightly bent, the core engaged, and your hips still. Draw the kettlebell up and diagonally across the torso. It should finish above the left shoulder. Reverse the movement to bring the kettlebell back down to the right hip. This will count as one rep. Perform 12 reps on each side.
- For the fourth exercise, we will do the single-arm kettlebell overhead sit-up. Continue with the lighter kettlebell here. Lie down completely on your back with legs spread out about shoulder-width. Hold the kettlebell with one hand and press it straight into the air above your chest. Keep the kettlebell steady overhead as you engage your core and sit all the way up. Your torso should be vertical with your right arm next to your right ear. With control, slowly lower back down to the

starting position. This is one rep. Perform 10 reps on each side.

- For the fifth exercise, you will perform the windmill and still use the lighter kettlebell. We detailed this exercise in the previous chapter. Perform 10 reps on each side.
- We have now reached the final exercise, we will perform the plank with the kettlebell drag. We detailed the plank exercise earlier, but this one has some variation. Switch back to the heavier kettlebell here. Start in the high plank position with the kettlebell behind your right hand. Keeping the rest of the body still, reach across with the left hand and grab the kettlebell by the handle. Pull the kettlebell beneath the torso. Rest it behind the left hand as you place your hand back flat on the floor. This is one rep. Repeat on the other side. Perform 10 reps per side.

Congratulations on getting through the six exercise sequence. Do not stop here. The time for this workout is 20 minutes total. After going through the full series, start from the beginning and repeat. Go through all six routines as many times as you can in the allotted time. Remember though, form before speed.

[8 Amazing Core Moves](#)

We will go over eight total exercises you can perform in a single workout. These will target your core without you having to do a single crunch. Grab your kettlebell and get ready to perform this amazing series of workouts.

- Single-arm kettlebell row: We have discussed the movements of the row technique, where we bend the elbows and bring them up. Start this exercise in the high plank position and a kettlebell placed next to your left hand. Basically, a push up position with a straight line from head to heels. Maintain this form throughout. Grab the kettlebell

and lift straight up to your side. Perform two sets of 10 reps on each side.

- Plank with the kettlebell pull-through: Basically, stay in the high plank position. Place the kettlebell next to your left hand. With your right hand, grab the kettlebell by the handle and pull it through across the body. Repeat with the other hand. Perform two sets of 10 reps on each side.
- Half-kneeling kettlebell halo: We described the halo exercise already. For this, you will simply be in a kneeling position. Start with your right leg forward. Perform 6-8 reps on one side and then repeat 6-8 reps on the other side. complete two sets.
- Half-kneeling kettlebell chop: We describe this in the previous section. Perform the chops from a kneeling position, first with the right leg forward. After completing the reps on one side, switch to the left leg forward. Complete two sets of 8-10 repetitions on each side.
- Kettlebell push press: Complete two sets of 8-10 repetitions with each arm.
- Kettlebell windmill: Complete two sets of 6-8 repetitions on each side.
- Kettlebell single-leg deadlift: Hold the kettlebell with your left hand and keep it at your side. Stand straight up with your feet slightly narrower than shoulder-width. Shift your weight onto your left leg. Bring your right leg forward with your knee bent at a 90-degree angle. Continue standing on your left leg and hold this position until balance is achieved. Now, kick your right leg completely back and stretch it out straight. Squeeze your glutes and allow your torso to come forward so that it is parallel to the ground. Lower the kettlebell to the outside of the heel of your left foot. Pull your extended leg through and return to

a single-leg stance with the right knee bent in front. Complete two sets of 6-8 repetitions on each side.

- Kettlebell swing: Perform two sets of 10-12 repetitions.

I hope you enjoyed this eight exercise drill. If you feel up for it, you can run through it again. Many different combinations of kettlebell workouts will heavily target your core in ways you cannot imagine.

[FAST BULK UP KETTLE WORKOUTS](#)

Many kettlebell workouts can be used to build up muscle mass pretty quickly. If you are interested in getting bigger all around, then it's quite simple. You need to lift heavier and utilize as many muscles as you can with your workout routines. You need to stimulate your growth hormones to add mass quickly, which full-body kettlebell workouts will do. Before you lift too heavy, I recommend mastering the movements with no weight, or at least, lighter weights.

[Kettlebell Workouts for Mass](#)

We will perform these different series of workouts using the superset model. This means we will do the workouts one after another and then rest for a few minutes, before repeating. We will repeat as many times as we can within a 20-minute period. Here is the recommended sequence.

- Double kettlebell clean and press: Perform 5-8 reps then quickly move into the next exercise.
- Double kettlebell forward lunges: Perform 5-8 reps on each side. After finishing, rest for about two minutes.
- Repeat this sequence for 3-5 sets or however many you can in a 20-minute period.

Our next workout sequence will involve another two full-body workouts. Once again, perform these as supersets.

- Double kettlebell single leg deadlift: This is the same as the one we described before, except you will use two kettlebells, one on each side. Perform five reps on each leg. Transition immediately into the next workout.
- Single kettlebell row: Perform 5-8 reps on each side.
- Rest for about two minutes, then perform the sequence again. Shoot for 3-5 sets.

Once again, your goal should be to lift heavier right here. Lift as heavy as you comfortably can and start building up your muscle mass. You will be surprised at how many muscles you will be able to build with these exercises.

[The Kettlebell Meltdown 300](#)

We will briefly run through this intense workout that combines kettlebell training with some more traditional workouts. Many traditional exercises can complement kettlebell training, so you definitely don't have to oust them completely. The kettlebell meltdown 300 is a demanding session of workouts that will get you shredded and build some extreme muscle mass. Definitely do not try this sequence until you are in immense shape. The exercises are tough and the reps plentiful. Here is a rundown of the sequence.

- 25 v-sit ups: This is when you lie flat on your back and then bring up your torso and legs simultaneously, while trying to touch your feet. You are essentially forming a V shape with your body during each active sit-up.
- 250 snatches with the kettlebell.
- 25 press-ups or pushups.

- 50 kettlebell swings.
- 50 burpees: From a standing position, bend down and touch your hands on the ground while kicking your legs back out straight. Bring your legs back into your torso and jump back up.
- 50 double kettlebell squat presses.
- 50 mountain climbers: Get into a pushup position. While alternating legs, bring your knees up to your torso one at a time. Mimic the movements of climbing a mountain.

As you can see, a lot is involved in this sequence. Once you work yourself up to this point, you will feel extremely shredded and bulk up nicely.

[KETTLEBELL BALANCE WORKOUTS](#)

Balance and stabilization routines are often ignored by many men. However, they are a necessity for performing more challenging shredding and bulking up routines. Do not dismiss these types of workouts any longer. We will go over a simple routine that will build balance and coordination. That is our goal for this section, rather than strength and power. For this reason, you can use a lighter weight than you would for most of the other routines. Perhaps you can perform this workout session on your recovery days to keep your body moving without stressing it out. We will perform a quick sequence consisting of four exercises.

- Kettlebell swing with two hands: Perform this for one minute.
- Standard kettlebell deadlift with two hands: Perform for one minute.
- Around the world: This is a simple routine we have not gone over yet. Without moving your hips or torso, stand straight up and hold the kettlebell low. Pass it around your body while switching

between hands at the back and front of the body. Perform this for 30 seconds.

- Kettlebell halo: Perform for 30 seconds on each side.

This workout may seem easy compared to the others we have gone over, but it will be great for its intended need. You will notice your balance, stability, and hand-eye coordination improving immensely.

KETTLEBELL COOL-DOWN

Just like it is essential to warm up prior to working out, you should also have a nice cool-down routine so you do not just stop intense workouts completely. Imagine running at full speed on a treadmill. Suddenly, it comes to a halt without slowing down. In this case, you would go flying. The same concept exists for working out in general. It is pretty to slow down smoothly rather than come to a complete halt out of nowhere. The cool-down routine does not have to be anything major. Just a few exercises and movements that will slowly bring you back down from the intensity you were feeling during the kettlebell workouts. Our muscles are usually tense after a tough workout session. Performing a cool-down session right afterward can stretch out and loosen up our major muscles to make sure they do not remain tense throughout the day. This will help with recovery, stiffness, and soreness. This way, you can have fewer days in between workouts because you won't be in pain. We will go over some nice cool-down routines you can use after your workout.

- Kneeling loaded shoulder and tricep stretch: Perform this routine by getting into a full kneeling position with both knees on the ground. Grab the kettlebell by the horns with both hands and put it up to your chest. Keep your core muscles and glutes tightened. Flip the kettlebell upside down

and then circle the bell around to one ear and finally behind you. While the kettlebell behind your head, take some deep breaths. Allow your shoulders to open up nicely as the kettlebell pulls your arms down. Keep your core muscles and glutes contracted so you do not arch your back.

- Half-kneeling hip flexor stretch with side bend: Take a half-kneeling position with your right knee forward and left knee on the ground. Place a kettlebell on the outside of the tight leg on the floor. This will be used as an anchor. Grab the handle of the kettlebell with the right hand and reach up and over your side with your left arm. Again, use the kettlebell to help pull you over more with the stretch and increase your range of motion. Perform the movement about 5-10 times and hold the stretch for 1-3 deep breaths.
- Prying squat stretch: Start in a standing position with your feet shoulder-width apart. Grab the kettlebell using both hands by the horns and load it onto your chest. Keep your elbows close to your ribs. Slowly descend into a deep squat. From the squat, rock from side-to-side. Hold each side position for about 30 seconds. Take several deep breaths. You are essentially prying your hips open during the moment by pressing your elbows against the inside of your knees.
- Prying Cossack squat: Start in a wide stance position with your toes externally rotated slightly. Grab the kettlebell by the horn with both hands and load it onto your chest. Keep your elbows in close to your ribs. Slowly get into a deep lunge on one side while keeping the other leg straight. Use your elbows to press the lunging knee further out. Again, you are prying your hips open by doing this. Take a deep breath before shifting to the other side. Repeat about 3-5 times.

- Posterior chain stretch with thoracic spine rotation: From a standing position, keep your feet about shoulder-width apart. Keep the kettlebell right in front of you on the floor. Reach down and grab the kettlebell with your left hand while also softening the left knee. Do not pick the kettlebell up, but just use it as an anchor. Inhale slowly and deeply, then as you exhale, reach the right arm up, twisting your spine, and bringing your gaze to the ceiling. Repeat movement about 5-10 times and hold the stretch for 1-3 deep breaths each time. Switch sides and repeat the movements.
- Bent arm bar: Lie down on your back and press the kettlebell to the ceiling with your right arm. Move over and lay onto your left arm while it is stretched over your head. Your head should be laying on your upper arm. Keep the right arm with the kettlebell stretched towards the ceiling and the kettlebell stacked over both shoulders. From this position, pull the elbow of the right arm to the bottom of the rib cage. Twist your palm towards your head and keep your forearm vertical as you do so. Take 1-3 deep breaths and then press the kettlebell back up to the top position. Repeat the movement about 3-5 times and then repeat on the other side.

The great thing about the kettlebell is that it really enhances the stretching movements by adding the extra weight. Increasing the range of motion helps to loosen up the muscles much further. You do not necessarily have to use the kettlebell for cool-down stretches. Regular stretches that target your most used areas can also be beneficial. The kettlebell will enhance the results though. Your hips, shoulders, core, and hamstrings are some of the major areas you want to target. As you combine different exercises into one sequence, I recommend going from lying to standing position, or vice-versa, in order to make the transition movements much smoother. A good

cool-down routine can be anywhere between 5-10 minutes.

FINAL THOUGHTS

I hope that you enjoyed this chapter and all of the workout sequences we went over. These workouts will serve you for a long time, however, they are just the tip of the iceberg as far as the number of routines you can actually come up with. I chose some of my favorites that will target all of the major muscle groups in the body. As you get more comfortable, you will be able to design your own kettlebell workouts and sequences. The kettlebell can become your lifelong friend.

Do not turn your kettlebell workouts into a competition with anyone else. People have different levels at which they progress and some will go quicker than you, while others will go slower. The only person you need to compete with is yourself. Keep track of your own progress and set reasonable goals that you try to achieve. Before you know it, you will be moving effortlessly and raising the bar with your kettlebell training every day. The kettlebell will slowly become an extension of your hands.



A Few Other Essentials

We have provided all of the essential information through this book in regards to the kettlebell. You should be very familiar with what kettlebells are and the different variations they come in. While there is no one-size fits all kettlebell or style, there are certain key qualities you should be looking for. We have discussed all of this in the previous chapters. In addition, the exercises and workout schedules will provide amazing results that you will benefit from for the rest of your life. Use your newfound knowledge and love for this amazing tool to create many health and fitness goals. I believe in you.

Before I close out the book completely, I want to tie up some loose ends. I will detail some extra essential information that was not able to be touched on in previous chapters. Also, I will reinforce some information that needs extra attention. My hope is that I cover as many aspects of the kettlebell as possible so you feel informed and can proceed in a confident manner.

I stated earlier that a good quality kettlebell can run anywhere between 50 to 300 dollars. If you are only looking to use it once in a while, then one or two kettlebells should serve you well. My hope is that you make the kettlebell part of your regular routine. Performing the various exercises we have detailed at least three or four times a week will provide you with tremendous results. If you are serious about your kettlebell training, then definitely get multiple kettlebells of varying weights. This will increase your ability to change things up on a daily basis by performing exercises at different levels. You can also build up your stamina in a major way.

In order to make the kettlebell work for you, there are some fundamental principles to follow. Pay special attention to these well before you start any exercises with them. Following these guidelines will help you put together a solid training routine. From here, you will have a strong foundation to build off of for the rest of your life.

- Progressive training is crucial. Progress over time and never try to take on more than you can handle. Your body will not adjust and adapt properly and you will not feel comfortable in the workouts. Plus you risk major injury. Exercise will make you tired, sore, and even cause some pain. In the end, it should not make you feel worse. Challenge yourself for sure by pushing a little bit extra each day, but do not skip steps while you are progressing.
- Pay attention to your repetitions. A common goal many people have during weight training is to aim for muscle failure. This means to work out a specific muscle to the point it can no longer handle the workload. You may have seen people at the gym doing as many repetitions as they can on the bench press or other weight equipment until they can no longer physically lift it. Doing this repeatedly puts a great amount of stress on the body which can lead to multiple health consequences down the line. Do not aim for muscle failure. Instead, make your goal about 12-15 reps using a diversity of weights and varying moves. Start with a small number of reps and then move up as tolerated. Do this with each session and you will always get a full-body workout.
- I have enforced and reinforced the importance of proper form. I will mention it again because it is so important. People become so impatient with trying to learn different exercises that they don't learn proper form. Stick to this rule rigidly. I don't care how quickly you progress through the exercises. I care about how

safe you are keeping yourself. Don't get lazy on your form.

- Mix up your routine on a daily basis. Do not perform the same workout every single day. Keep your body guessing by routinely adding more reps, changing the sets, performing new moves, and using different weights. If you don't mix things up, your body will become stagnant and your results will plateau.
- Train barefoot on a hardwood floor. This may seem odd, but there is a significant reason behind it. A load-bearing force needs a solid base to disperse. Unfortunately, most shoes have soles that are too soft or allow your feet to move around constantly in them. Exercising barefoot will make a huge difference. Of course, you may need to wear shoes at times, like if the floor is not made for being barefoot or you are using a public gym. If you are at home, consider using a thin exercise mat that still provides some firmness.
- One of the great things about exercising is that it allows you to make goals and then reach them. When you start making accomplishments with your exercise routines, it helps to build your self-confidence. One way that you can keep track of your achievements is by writing them down. Journaling is a great activity that complements exercise.

TRAINING VIDEOS AND CLASSES

While I contend that you will have a blast working out with a kettlebell, it can certainly become mundane for some people without some type of external stimulation. To incorporate this, you can do things like exercise outside or listen to music. Further options include kettlebell training videos and classes, both private and public. These options also offer guidance and support, in case you may need it.

I hope that I was able to give you enough information and confidence in this book, so you won't need these options. However, if you still want to pursue this route, I certainly

understand. I have been working out my whole life and I definitely recognize the importance of having a support system, like a gym buddy or trainer, to make things easier. In these instances, training videos and classes can provide great assistance. Each of these options provides some type of advantage over the other. Before you go any of these routes, please consider some of these pros and cons.

- Pros of kettlebell training videos:
 - Training videos are in high abundance and can be found very easily. Your best bet is to order online. In addition, many online streaming options can provide great videos too.
 - They are very affordable. In fact, you may even be able to find some for free online. I am talking about legal options here. If you can't find them for free without breaking a law, then you can still find them for just a few bucks.
 - They provide the knowledge and expertise you get from a class or trainer, but allow you to perform exercises in your own home. Imagine being in your living room watching a video, and feeling like you are in a class, without actually being in a class.
 - You can play these videos at any time of the day, so the convenience factor is great.
 - If you want to learn personally from an expert, but are self-conscious around other people, then you can still receive expert level help in the privacy of your own home.
 - Videos can be easy to follow because they are doing the routines as they are explaining them. In fact, if the video is not showing you the routines, don't even consider them.
- Cons of kettlebell training videos:

- There are many poorly done videos out there that provide inept information, and showcase bad form and technique. You really have to do your research before buying and read the reviews if available. Even with videos, there are many con artists who try to take advantage of people.
- While watching someone on screen performing the routines can be educational and informative, it won't provide the same experience as a real-life class or personal training session.
- Pros of kettlebell classes and personal trainers:
 - Obviously, with both options you are being trained by a professional who can watch you closely and correct your form. Even in a class setting with multiple people, the personal attention can be quite obvious.
 - The workouts can be personalized and tailored to your own needs. We are all individuals and require varying levels of attention. Some people may have limitations of some sort. Working with a real-life trainer can help overcome these obstacles. This is especially true when working with a personal trainer.
 - If you are someone who does not want to invest in exercise equipment for the home, then being able to go to the gym and use their equipment is a plus. Usually, any good gym and/or trainer will have good equipment that works well for your needs. Again, do your research before buying a membership.
 - A class can provide a great amount of support. When there are other people who have similar fitness goals as you, it can become a very friendly and welcoming environment. A training class can become a place where you get to

socialize a little bit too and even create some lifelong friendships. You can start encouraging one another and even learn from each other. Just make sure the socializing does not distract you from your workouts.

- It's a great excuse for getting out of the house. If you are someone who loves getting out of the house, why not be productive and join a class?
- Cons of kettlebell classes and personal trainers:
 - They can be very expensive. This is especially true of personal trainers. Many of these personalized classes can end up costing more than a gym membership. This is another reason you must do your research and make sure it's something you want to pursue. Once you start seeing the prices of various classes and personal trainers, the cost of a kettlebell won't seem too steep. There is a caveat here. Many gyms offer occasional classes like these as part of their memberships. Also, many community or recreational centers offer classes for free or a very reduced price. Consider these avenues as well.
 - Time becomes a factor. you will no longer have the convenience of working out at home and saving an immense amount of time. You have to dedicate time to actually go to the gym or wherever the class is being held. This requires a lot more discipline. In addition, you are at the mercy of the gym hours. If you like to get a workout done in the morning or late at night, this may not be an option if the times of the facility do not work out. Plus, you must take into account the drive time and the process of getting ready.

- You will lack the privacy that you would have enjoyed being in your own home. Yes, while being around other people can be fun, privacy during a workout can be appealing. If you are someone who hates working out in front of people for no reason, this can become difficult for you. You will either have to overcome this setback or choose a different option. The freedom to work out in your home as you please also goes away.
- While you may meet some exceptional people in your class, you may also have to deal with rude people too. This is something you will have very little control over.
- The instructor may be a fraud, or at least someone who is not right for you. Not everyone will be your cup of tea, and this includes trainers.
- Sanitary conditions are something to consider. During a class, pay attention to the cleanliness of the facility. This is a major health concern.

Once again, I hope you have the confidence and desire after reading through this book to be able to work out at home with the kettlebell. One of the most appealing things about this tool is how easily it can fit anywhere in your home. The convenience it provides is all the more reason to consider buying your own kettlebell. However, these options are still good. If you choose one of these routes, strongly consider the pros and cons of each and make your own informed decision. I am here to support you either way.

[COMPLEMENTING THE KETTLEBELL](#)

The kettlebell is great for our health and wellness. We will look and feel great after incorporating these workouts into our regular routine. However, exercise alone is not the key to complete health. We have to consider other factors. For this

final section, we will discuss some supplements and nutritional information that will complement the kettlebell workouts.

Our body needs fuel and we need to make sure we are filling up with the essential nutrients we need. Doing this will get you much better results than exercise alone. While none of our bodies are alike, if you work out hard, but then eat nothing but donuts, cheeseburgers, pizza, and other unhealthy foods, you will not benefit from the kettlebell as you should. You won't obtain the same tone or have the right amount of energy. Treat your body like a temple by exercising regularly and being careful about what you take in.

Crucial Supplements

We will begin by discussing the most important supplements to take in while performing intense kettlebell training. A combination of these will provide for adequate energy, muscle building and rebuilding, recovery processes, as well as numerous other necessary functions. High level workouts can be traumatic for the body so we need to make sure we supply it with all of the necessities it needs for continued support. The following are essential supplements to complement our kettlebell workouts.

Protein Powder:

Whey protein powder is the most popular option and also a very good one. This is often associated with body-builders and very high-level athletes, so many people do not think of it as essential because those are not their workout goals. Whey protein powder adds more value than just becoming ripped and huge.

Protein is the building block of your body. It can help to rebuild muscles, which is sorely needed after major workouts with all of the muscle breakdown. This supplement also increases energy to help you live and function. This will help you immensely with your activities of daily living.

Whey protein also strengthens your immune system, so many minor and major illnesses may start avoiding you completely. I am not a doctor, so I am not making any promises here. However, protein is essential for improving health function.

You will improve your muscle performance, increase strength, detoxify your body, and recover much more quickly. Many people do not realize the amount of waste that builds up in the body with muscle breakdown. If you work out intensely with the kettlebell, this will happen to you for sure. Detoxifying the body will help here in a major way.

All of these benefits are essential and will help you maximize your kettlebell workouts. If you have not been incorporating protein supplements into your diet, then you need to rethink things completely. Start including it now before you get into any heavy duty kettlebell workouts. Any top-level athlete takes in a lot of protein because of how important the supplement is

L-Carnitine:

This can also simply be called carnitine and is an essential nutrient which will aid in the burning of fat. This will help give fuel to your body functions and workouts. Kettlebell training already burns massive amounts of calories and builds muscle mass all by itself. Getting this extra kick from carnitine to burn excess fat will make you even more toned and shredded.

Carnitine helps drive fat into the cells. From here, it goes into the mitochondria, which is the powerhouse of the cell, and gets burned to produce more energy. This means less visceral and subcutaneous fat.

Low carnitine levels have been associated with major muscle dysfunctions. Many more studies are being done to assess carnitine's effectiveness in elevating muscle performance. Carnitine also boosts recovery and can lower your risk of heart disease. This is another supplement you definitely don't want to dismiss, especially when you start performing kettlebell workouts.

Creatine:

Creatine is definitely critical when starting kettlebell workouts. This supplement prevents premature fatigue of the fast-twitch fibers in the muscles. This means you will greatly strengthen your muscle contractions and enhance your

endurance. You will be able to perform many more reps during your kettlebell workouts. Muscle strength and tone will increase tremendously from here.

Creatine also increases anaerobic capacity, so you won't lose your breath so quickly. This nutrient also enhances the recovery process, increases cognitive function, and elevates bone recovery levels. Consider the great value all of this will bring to complement your kettlebell training.

Branched Chain Amino Acids (BCAA):

BCAAs consist of three amino acids called leucine, isoleucine, and valine. These amino acid chains help build muscles, reduce soreness after workouts, decrease the period of recovery needed, and improve workout performance. Once again, all essential benefits when starting up kettlebell training.

BCAAs increase the rate of protein synthesis by stimulating some key enzymes and help build muscles while reducing the rate of muscle loss. The anabolic effects also help increase muscle strength and size. Imagine how much more muscle mass you can achieve by adding this supplement to your diet.

BCAAs also improve exercise performance by reducing your chances of getting fatigued prematurely. They help burn excess fat instead of glycogen stores reserved to fuel muscle cells.

Caffeine:

Caffeine is the final supplement for discussion today. I don't mean just drinking large amounts of coffee or soda here. Of course, a cup or two of some good coffee can be great. However, small amounts of caffeine can be quite beneficial. This supplement will boost metabolism and also have thermogenic effects on the body, which will melt more body fat. Thermogenesis is the process of taking in the calories you eat and converting them to heat energy. It is not completely understood how caffeine promotes thermogenesis, however, the advantages it gives for burning calories and fat. Go ahead and drink that cup of coffee in the morning without feeling guilty. Just watch out for the sweetener and creamer.

Many of these supplements can be found at your local vitamin store. Follow the instructions on how to take them and begin boosting your kettlebell training. I always recommend seeking out the advice of a medical professional before starting supplements. Even though they are over-the-counter, they can still have negative effects under certain circumstances. This is especially true if you have underlying health conditions or take other medications. When you are ready, start taking these amazing supplements.

NUTRITION TIPS AND GUIDANCE

The last topic I want to discuss here today is nutrition. There is a major myth out there that if you exercise hard enough, you can eat anything and everything you want. This mindset is wrong and also dangerous. Even if you are diligent with your workouts, a poor diet can still have detrimental effects on your health. This can include heart disease, stroke, diabetes and even certain types of cancer. Also, a poor diet will reduce your energy level, mess with your digestion, and negatively affect your sleep. If you get several hours of sleep every night but still feel exhausted all day, you may need to alter what food you intake. You cannot ignore this fact.

Eating properly with the correct nutrients will also enhance the results from a good workout. If you are training constantly but getting no results, your diet is what might be holding you back. We discussed protein powder in the previous section. You can also start eating more protein-rich foods like lean meat, poultry, eggs, or plant-based proteins like soy or tofu. Eat that extra protein and you will start bulking up and building lean muscle in no time.

Start eliminating carbs from your diet. This is especially true of refined sugars, white rice, white bread and white pasta. Your body will naturally use carbs for energy. When you reduce the number of carbs in your diet, you will have less in the body. This means your body will start utilizing fat for energy so you will start burning high levels of it.

Make sure you are counting your calories every day and keep a record of this somewhere. You will need either a calorie surplus or deficit depending on fitness goals. Remember, with

kettlebell workouts, you will be torching those calories big time, so you may need to intake more.

Simply cutting out many of the garbage foods we eat every day can make a huge difference. You don't have to make drastic changes right away, but making small alterations here and there will create amazing results for you. Start drinking more water. In fact, replace many of the sugary drinks with pure water and your body will thank you. Also, trade those salty and sugary snacks for things like raw almonds, or vegetables. Finally, don't eat a big meal right before going to bed. Eat your last major meal at least two hours before going to bed and then you can just eat a small snack like Greek yogurt later on. Having a small healthy snack right before bed will increase your metabolism while you sleep, which can also result in fat loss. These are just a few suggestions to start making significant changes in your life.

Unfortunately, due to busy schedules and the convenience that comes with unhealthy foods, people simply ignore the importance of a proper diet. Going through the drive-thru at the local fast food joint is more appealing than going home and cooking a fresh meal after a long day. It will take some effort, but the results will be worth it.

Many people stick to the schedule of breakfast, lunch and dinner and eat heavily during each meal. A better option is to break down the meals throughout the day. This means you can have a moderate-sized breakfast, lunch, and dinner with a light healthy snack in between. This will keep your metabolism going throughout the day and allow you to function better by keeping up your energy levels.

Consider some of the diet plans that exist around the country. The word diet has a negative connotation to it. However, there are several that have stood the test of time. Take the Mediterranean diet as an example. This plan originates from the region surrounding the Mediterranean Sea in Europe and has been around for centuries. Like the kettlebell, it began getting popular around the world over the last several decades when people began understanding the major health benefits it possessed. The diet also boasts bold and flavorful ingredients.

You will never have to sacrifice taste for health. The food groups and ingredients used in this meal plan will provide all of the essential nutrients you need without the excess sugar, fat, and cholesterol. Research the Mediterranean diet and consider including it in your own life.

Remember, what you fuel your body with is important. The food we eat and the nutrients we take in are what allow us to keep functioning. You would not want to fill your car gas tank with inferior gasoline, if there is such a thing. Do not fill yourself up with bad fuel either. Treat your body like a temple and take care of it in every aspect. You only get one.

Conclusion

The amazing kettlebell has been around for centuries. While no one is able to pinpoint its exact origin, no one can deny the extreme benefits it has had for the fitness industry. Athletes and laypeople have been using it diligently for their workout routines and they have been amazed by the results. Top level athletes from many different sports, including myself, now swear by this piece of exercise equipment and we have replaced many other workout routines for it. We have not been disappointed yet.

In this book, *Kettlebell for Men: The Ultimate Kettlebell Workout to Get Shredded*, My goal was to provide detailed information about the kettlebell in every aspect. In order to understand the tool, we must understand where it came from. For this reason, I delved deep into the origins of this product so you can understand the value it has brought all over the world. This is not a new fad that people are jumping on. Kettlebells and the related workouts have literally been around well before modern times and will likely exist way after all of us are gone.

I have provided detailed descriptions of the kettlebell and the value that each type will bring. I also included some of the negative aspects of each type so that you can make the most informed decision possible. In the end, the two highest quality types are the cast-iron and competition kettlebells. These will provide you with all of the workouts you will need, especially when used in combination. Whatever type of kettlebell you end up getting, do not sacrifice quality for price. This will be an investment and if you choose wisely, a kettlebell will last you for years and maybe even a lifetime.

Definitely consider your own comfort level too. My hope is that the information I provided in the chapters will help you decide which one is right for you. Do your research and make your decision wisely. A poor choice here can cause a lot of pain and frustration in the long run.

The kettlebell provides many benefits. The workouts you will receive are tremendous and will target every major area of the body. The results you witness will be like nothing you have ever seen before. The major benefits include, but are not limited to, strength and cardio elevation, increased power and balance, better mobility and coordination, improved ability to perform regular activities of daily living, increased muscle mass, and improved overall health and wellness.

One of the greatest benefits, especially with our busy lives, is the convenience. The kettlebell can be stored almost anywhere in the house and when needed, just take it out and get to work. Since the workouts are intense and target multiple areas at once, you don't have to spend a lot of time doing them. 20-30 minutes a few times a week is plenty. You will have to go to the gym and spend several hours using various equipment to get the same results. With the kettlebell, it is all within the comfort of your own home.

Before using a kettlebell, become familiar with it and even perform some of the movements required without a kettlebell first. This will ensure you get the most out of your workouts and also maintain your safety. When you are ready to roll, start performing the many workouts I have provided. These training sessions are diverse and will help introduce the kettlebell into your life. Once you get familiar with it, you can add many others. Always remember that form is much more important than speed or the number of reps. Once you get the proper movements down, then you can increase the amount and intensity level of the workouts. Take it slow and don't go any faster than you need to.

While you will be hard-pressed to find workouts that beat the kettlebell training, there are certainly some exercises that can complement it. While you don't need to incorporate these if you choose not to, you certainly don't have to dismiss them either. For example, things like pushups can enhance muscle building workouts and crunches can certainly add to the core training workouts. Whatever you do, make the kettlebell the central part of your routine.

I have also provided some information on supplements and nutrition. It is imperative that you are careful about what you put inside your body. The supplements that were discussed in chapter six will enhance your workouts in a major way and significantly add to your positive results. They are essential for proper healing and functioning of your muscles and other body systems. Also, do not forget about your diet. Nutrition is important because we need the right fuel to drive out various metabolic processes. Intake of the proper nutrients will also add to our workouts.

Taking in the right supplements and nutrition will help ensure we have a proper recovery, reduced pain and injury, and better performance overall. Before starting the kettlebell training, consider your diet and supplement intake so you can get the most out of what I discussed today. My goal is to make sure you get healthy, shredded, and remain safe with high-level kettlebell circuits.

Your next step is to take the information you obtained in this book and begin utilizing it in your own life. Start taking massive action to improve your fitness and health. In the end, action is what creates results.

Thank you for taking the time to read my book. I sincerely hope you found great value in it. I also hope you enjoyed reading it as much as I did writing it. The kettlebell has been around for centuries, so why not utilize this great tool that has been helping people all over the world. If you enjoyed this book and learned from it, please let people know and also leave a review on Amazon. I received tremendous benefits from the kettlebell and I want other people to do so, as well.

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All images have been sourced from pixabay.com and pexels.com.

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