

KETTLEBELL CORE

SINGLE ARM SIT UP

- 1 Lie on back with knees bent and feet flat on floor. Grasp kettlebell handle and press it straight above shoulder.
- 2 With arm fully extended, tighten abdominal muscles and sit up, stopping before lower elbow leaves mat. Rotate shoulder throughout motion to maintain overhead kettlebell position.
- 3 Return to starting position. Repeat on other side.



OBLIQUE CRUNCH

- 1 Stand with feet wider than shoulder-width apart, knees slightly bent. Grasp kettlebell in one hand, arms resting at sides.
- 2 Side bend with kettlebell, keep back straight, shoulders back, and abdominals tight throughout motion.
- 3 Return to upright position. Repeat on other side.



FIGURE 8

- 1 Stand with knees bent and feet shoulder-width apart. Grasp kettlebell with one hand between legs. Hinge the hips with a straight back.
- 2 Swing kettlebell between legs. Exchange kettlebell between hands and swing around outside of leg.
- 3 Repeat in a figure-8 motion, exchanging grip between legs and alternating the leg the kettlebell swings around.



@Home
Equipment Substitution

- Milk/Water Jug
- Laundry Detergent
- Bag of Fruit or Vegetables

GOBLET SQUAT

- 1 Stand with feet shoulder-width apart and knees slightly bent. Grasp kettlebell by the horns at chest-level.
- 2 Extend glutes and squat, bending knees until thighs are parallel to floor. Keep knees wide, core tight, back straight, chest up, and weight balanced over arches.
- 3 Return to starting position. Repeat.



LATERAL LIFT

- 1 Stand with a wide stance and upright posture. Hold kettlebell by the horns close to chest.
- 2 Bend one knee, squatting down into a sideways lunge. Keep opposite leg straight and both feet flat on the floor.
- 3 Return to starting position. Repeat in the other direction.



SINGLE LEG DEADLIFT

- 1 Stand with feet flat on floor. Extend one leg back, holding foot up off floor. Keep front knee slightly bent. Grasp kettlebell in opposite hand with an overhand grip.
- 2 Lower kettlebell, hinging at the hips. Keep back straight and shoulders back. Extend back leg during descent. Extend free hand for balance, if needed. Stop when kettlebell is level with ankle.
- 3 Return to starting position. Repeat on other side.



SINGLE ARM ROW

- 1 Start in a staggered stance with back leg resting on ball of foot. Grasp kettlebell with hand opposite front leg. Keep back straight and shoulders back. Place free hand on leg for stability.
- 2 Bend elbow and pull kettlebell up towards rib cage.
- 3 Return to starting position. Repeat.



HALO

- 1 Stand with upright posture and feet slightly wider than shoulder-width apart. Hold kettlebell by the horns, upside-down close to chest.
- 2 Slowly rotate kettlebell around head and back to starting position. Kettlebell should travel close to head without ever touching it.
- 3 Repeat in opposite direction.



PULL OVER

- 1 Lie on back with knees bent and feet flat on floor. Grasp kettlebell by the horns with arms extended directly over chest.
- 2 Slowly lower kettlebell back behind head. Use abdominal muscles to keep torso stationary and arms controlled. Stop kettlebell before touching floor.
- 3 Return to starting position. Repeat.



- Milk/Water Jug
- Laundry Detergent
- Bag of Fruit or Vegetables