# **Chest (kettlebell)**

**Alternating Floor Press** 



# **Exercise Description:**

**Alternating Floor Press** 

# **Classification:**

Chest (kettlebell)

### **Instructions:**

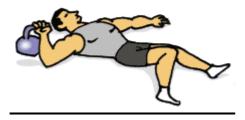
Starting Position: Lie supine on your back holding a kettleball in each hand.

Alternating with your arms push up one kettleball at a time.

Slightly rotate your trunk when pressing the kettleball up.

Repeat with the other arm.

Extended Range 1 Arm Floor Press



### **Exercise Description:**

Extended Range 1 Arm Floor Press

# **Classification:**

Chest (kettlebell)

# **Instructions:**

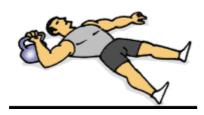
Starting Position: Lie supine on your back holding a kettleball in one hand.

Alternating with your arms press up kettleball.

Slightly rotate your trunk when pressing the kettleball up.

Repeat with the other arm.

One Arm Floor Press



# **Exercise Description:**

One Arm Floor Press

### **Classification:**

Chest (kettlebell)

#### **Instructions:**

Starting Position: Lie supine on your back holding a kettleball in one hand.

Alternating with your arms press up kettleball.

Keep your trunk stable while pressing kettleball.

Repeat with the other arm.

Chest Fly with kettleball on ball



# **Exercise Description:**

Chest Fly with kettleball on ball

# **Classification:**

Chest (kettlebell)

#### **Instructions:**

- 1) Sit in upright position on flexaball with feet flat on floor.
- 2) Walk feet forward allowing flexaball to roll underneath body until it is positioned on mid to upper back region (you may rest head on flexaball). Raise hips to create a "table top" position parallel to floor.
- 3) Start position: Maintaining stability, bring kettleballs to shoulders and press up positioning kettleballs above the chest with palms facing each other (neutral grip).
- 4) Keeping the elbows slightly bent, lower the kettleballs out and away from each other in an arcing motion with hands aligned with the nipple-line.
- 5) Let your upper arm go parallel to slightly past parallel to the ground before returning to the start position.

# Supine Shoulder Shift with kettlebells



# **Exercise Description:**

Supine Shoulder Shift with kettlebells

# **Classification:**

Chest (kettlebell)

# **Instructions:**

- 1. Lie on your back with a ball under your upper back and hold a kettlebell in each hand with your arms outstretched.
- 2. Rotate your body so the exercise ball shifts towards one shoulder and then shift back to the other shoulder.
- 3. Maintain good core control and balance throughout the movement.
- 4. Repeat for the prescribed repetitions.