

Chest (kettlebell)

Alternating Floor Press



Exercise Description:

Alternating Floor Press

Classification:

Chest (kettlebell)

Instructions:

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

Alternating with your arms push up one kettlebell 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 kettlebell in one hand.

Alternating with your arms press up kettlebell.

Keep your trunk stable while pressing kettlebell.

Repeat with the other arm.

Chest Fly with kettlebell on ball



Exercise Description:

Chest Fly with kettlebell 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 kettlebells to shoulders and press up positioning kettlebells above the chest with palms facing each other (neutral grip).
- 4) Keeping the elbows slightly bent, lower the kettlebells 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.