

Forearms (Kettlebell)

Open Palm Flip



Exercise Description:

Open Palm Flip

Classification:

Forearms (Kettlebell)

Instructions:

1. Start by holding a kettlebell with both hands at waist level with your palms facing down.
2. Forcefully curl the kettlebell up towards the ceiling and let go so that it continues to turn.
3. Catch the kettlebell with both palms.
4. Return to the starting position and repeat.