

Quads (kettlebells)

Front Squat with 2 Kettlebells



Exercise Description:

Front Squat with 2 Kettlebells

Classification:

Quads (kettlebells)

Instructions:

- 1) Grasp kettlebells and hold them at chest level in front of you.
- 2) Start position: Stand with feet slightly wider than hip width apart. Knees should be slightly bent.
- 3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly ($\sim 5^\circ$) during movement. Be sure to “sit back” so that knees stay over the feet.
- 4) Once thighs are parallel to floor, return to start position.

One Leg Squat



Exercise Description:

One Leg Squat

Classification:

Quads (kettlebells)

Instructions:

- 1) Stand with feet hip width apart with knees slightly bent and toes pointing forward.
- 2) Start position: Lift one foot off ground and extend leg forward. Extend arms forward at hip level. If strong enough hold a dumbbell at chest level.
- 3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly ($\sim 5^\circ$) during movement. Be sure to “sit back” so that knees stay over the feet.
- 4) Once thigh is slightly above parallel (as shown) return to start position.

Alternating Kettlebell Cleans



Exercise Description:

Alternating Kettlebell Cleans

Classification:

Quads (kettlebells)

Instructions:

Keep torso straight but bent forward at the hips slightly.

Explosively raise one kettleball by extending the hips, knee and ankle in a “jumping action”.

Keep your elbow out and shoulder directly above the kettleball as long as possible.

Keep the kettleball close to the body.

Once you have extended the lower leg shrug your shoulders and at maximum elevation of the shoulder start pulling with the arm.

Keep the elbow high during the pull until the highest point.

Rotate elbows around and underneath the kettleball.

Rack your hand across the front of the shoulder.

Slightly flex the hips and knees to absorb the weight.

This should be a fluid motion where all the steps flow together.

Return to the starting position and repeat with the other arm.

Turkish Get Up (lunge style)



Exercise Description:

Turkish Get Up (lunge style)

Classification:

Quads (kettlebells)

Instructions:

Lie supine on your back holding on to a kettlebell perpendicular to your body.

Proceed to get up by sitting up to a seated position and bring one leg underneath you. Stand up in a lunge style to an upright position.

Turkish Get Up (squat style)



Exercise Description:

Turkish Get Up (squat style)

Classification:

Quads (kettlebells)

Instructions:

Lie supine on your back holding on to a kettleball perpendicular to your body. Proceed to get up by sitting up to a seated position and bring both legs underneath you. Stand up in a squat style to an upright position.

One Arm Kettlebell Clean



Exercise Description:

One Arm Kettlebell Clean

Classification:

Quads (kettlebells)

Instructions:

Keep torso straight but bent forward at the hips slightly. Explosively raise the kettleball by extending the hips, knee and ankle in a “jumping action”. Keep your elbows out and shoulders directly above the kettleball as long as possible. Keep the kettleball close to the body. Once you have extended the lower leg shrug your shoulders and at maximum elevation of the shoulders start pulling with the arms.

Keep the elbows high during the pull until the highest point.
Rotate elbow around and underneath the kettleball.
Rack your hand across the front of the shoulder.
Slightly flex the hips and knees to absorb the weight.
This should be a fluid motion where all the steps flow together.

One Arm Split Jerk



Exercise Description:

One Arm Split Jerk

Classification:

Quads (kettlebells)

Instructions:

Stand with feet shoulder width apart and knees slightly bent.

Start position: Position kettleball to ear level with an overhand grip (palms facing forward).

Go into a quick $\frac{1}{4}$ squat. Immediately extend legs and stand up and at the same time press hands up above head keeping wrists over the elbow and arm moving parallel to body at all times.

Lock kettleball overhead and shift into a split stance. Absorb the weight by bending your knees and hips and then stand up to a parallel stance.

This is an explosive exercise and the legs are used to be able to lift more weight overhead

One Arm Stomp



Exercise Description:

One Arm Stomp

Classification:

Quads (kettlebells)

Instructions:

Stand with feet shoulder width apart and knees slightly bent.

Start position: Position kettleball to ear level with an overhand grip (palms facing forward).

Go into a quick $\frac{1}{4}$ squat. Immediately extend legs and stand up and at the same time press hand up above head keeping wrist over the elbow and arm moving parallel to body at all times. Extend legs explosively enough to leave the ground and land with a wide stance.

Return to start position.

This is an explosive exercise and the legs are used to be able to lift more weight overhead

Kettlebell Swing**Exercise Description:**

Kettlebell Swing

Classification:

Quads (kettlebells)

Instructions:

Starting Position: Hold one kettlebell between your legs and your body is in a bentover stance with your back flat.

Swing the kettlebell backwards and then forcefully swing the kettlebell forward to a chest level. Keep your arm straight and forcefully extend your hips, knees, and ankles.

Open Palm Clean**Exercise Description:**

Open Palm Clean

Classification:

Quads (kettlebells)

Instructions:

Starting Position: Hold one kettleball between your legs and your body is in a bentover stance with your back flat.

Swing the kettleball backwards and then forcefully swing the kettleball forward to a chest level. Keep your arm straight and forcefully extend your hips, knees, and ankles.

Release the kettleball at chest level and catch it with an open palm.

Return to starting position and repeat.

Overhead Squat**Exercise Description:**

Overhead Squat

Classification:

Quads (kettlebells)

Instructions:

Grasp kettleball and hold it over your head.

Start position: Stand with feet slightly wider than hip width apart. Knees should be slightly bent.

Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to “sit back” so that knees stay over the feet. Once thighs are parallel to floor, return to start position.

Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes.

Two Arm Open Palm Clean**Exercise Description:**

Two Arm Open Palm Clean

Classification:

Quads (kettlebells)

Instructions:

Starting Position: Hold one kettleball between your legs and your body is in a bentover stance with your back flat.

Swing the kettleball backwards and then forcefully swing the kettleball forward to a chest level. Keep your arm straight and forcefully extend your hips, knees, and ankles. Release the kettleball at chest level and catch it with both hands using your open palm. Return to starting position and repeat.

Russian Jerk**Exercise Description:**

Russian Jerk

Classification:

Quads (kettlebells)

Instructions:

Stand with feet shoulder width apart and knees slightly bent.

Start position: Position kettleball to ear level with an overhand grip (palms facing forward).

Go into a quick $\frac{1}{4}$ squat. Immediately press hands up above head keeping wrists over the elbow and arm moving parallel to body at all times. Extend legs and stand up and at the same time Lock kettlebells overhead.

This is an explosive exercise and the legs are used to be able to lift more weight overhead

Two Arm Kettlebell Jerk

Exercise Description:

Two Arm Kettlebell Jerk

Classification:

Quads (kettlebells)

Instructions:

Stand with feet shoulder width apart and knees slightly bent.

Start position: Position kettleball to ear level with an overhand grip (palms facing forward).

Go into a quick $\frac{1}{4}$ squat. Immediately press hands up above head keeping wrists over the elbow and arm moving parallel to body at all times. Extend legs and stand up and at the same time Lock kettleballs overhead.

This is an explosive exercise and the legs are used to be able to lift more weight overhead

Leg extension and shoulder combo**Exercise Description:**

Leg extension and shoulder combo

Classification:

Quads (kettlebells)

Instructions:

1. Sit on a stability ball and secure a kettlebell with your right foot and hold a kettlebell with your left hand out in front of your chest.
2. Simultaneously perform a leg extension and rotate your arm out to the side keeping your arm at shoulder height.
3. Return to the starting position and repeat according to the prescribed repetitions.
4. Repeat with the other leg and arm.