

Shoulders (kettlebell)

Arnold Press



Exercise Description:

Arnold Press

Classification:

Shoulders (kettlebell)

Instructions:

Stand upright holding one kettlebell.

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

Press hand up and out laterally above head keeping wrists over the elbows and arms moving parallel to body at all times. Rotate hand during movement so that your palm is back facing forward at the top of the movement.

Return to start position.

Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

Repeat with other arm.

Alternating Press on Balance Board



Exercise Description:

Alternating Press on Balance Board

Classification:

Shoulders (kettlebell)

Instructions:

Stand with feet shoulder width apart and knees slightly bent on a balance board.
Start position: Position DB's or kettleballs to ear level with an overhand grip (palms facing forward).

Press one hand up above head keeping the wrist over the elbow and arms moving parallel to the body at all times.

Return to start position and repeat with other arm.

Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

Push Press



Exercise Description:

Push Press

Classification:

Shoulders (kettlebell)

Instructions:

1. Stand with feet shoulder width apart and knees slightly bent.
2. Start position: Position kettlebells to ear level with an overhand grip (palms facing forward).
3. 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 elbows and arms moving parallel to body at all times.
4. Return to start position.

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

One Arm Military Press to the Side



Exercise Description:

One Arm Military Press to the Side

Classification:

Shoulders (kettlebell)

Instructions:

Stand upright holding one kettlebell.

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

Press hand up and out laterally above head keeping wrists over the elbows and arms moving parallel to body at all times. Return to start position.

Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

Repeat with other arm.

One Arm Split Snatch



Exercise Description:

One Arm Split Snatch

Classification:

Shoulders (kettlebell)

Instructions:

Keep torso straight but bent forward at the hips slightly.

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

Keep your elbow pointed out and arm straight.

At maximum height slightly flex the hips then the knees.

Rotate elbows around and under the kettlebell. During this movement shift your legs into a split stance position

At maximum bar height, fully extend the elbows and lock the kettlebell overhead. Catch the kettlebell by flexing at the knees and hips to absorb the weight and stand to a parallel stance.

One Arm Stomp



Exercise Description:

One Arm Stomp

Classification:

Shoulders (kettlebell)

Instructions:

Stand with feet shoulder width apart and knees slightly bent.

Start position: Position kettlebell 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

Overhead Squat



Exercise Description:

Overhead Squat

Classification:

Shoulders (kettlebell)

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 ($\sim 5^\circ$) 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.

One Arm Seated Military Press**Exercise Description:**

One Arm Seated Military Press

Classification:

Shoulders (kettlebell)

Instructions:

Sit upright holding one kettlebell.

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

Press hand up above head keeping wrists over the elbows and arms moving parallel to body at all times. Return to start position.

Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

Repeat with other arm.

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

Two Arm Open Palm Clean

Classification:

Shoulders (kettlebell)

Instructions:

Starting Position: Hold one kettlebell 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:

Shoulders (kettlebell)

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

See Saw Press

Exercise Description:

See Saw Press

Classification:

Shoulders (kettlebell)

Instructions:

Stand with feet shoulder width apart and knees slightly bent.

Start position: Position DB's or kettleballs to ear level with an overhand grip (palms facing forward).

Press one hand up above head keeping the wrist over the elbow and arms moving parallel to the body at all times.

Return to start position and repeat with other arm.

Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

Two Arm Kettlebell Jerk**Exercise Description:**

Two Arm Kettlebell Jerk

Classification:

Shoulders (kettlebell)

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 ¼ 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

Two Arm Military Press



Exercise Description:

Two Arm Military Press

Classification:

Shoulders (kettlebell)

Instructions:

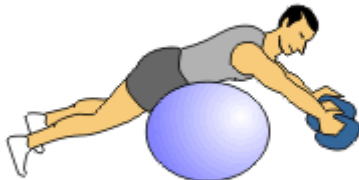
Stand upright holding two kettlebells.

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

Press hands up and out laterally above head keeping wrists over the elbows and arms moving parallel to body at all times. Return to start position.

Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

Prone front back rotation



Exercise Description:

Prone front back rotation

Classification:

Shoulders (kettlebell)

Instructions:

1. Lie prone on a stability ball and hold a dumbbell or some type of weight in each hand.
2. Raise one arm up and over your head. Raise the other arm and extend above your hips.
3. Switch directions with your arms and repeat for the prescribed number of repetitions.

Seated Lateral raises with kettlebells



Exercise Description:

Seated Lateral raises with kettlebells

Classification:

Shoulders (kettlebell)

Instructions:

1. Sit on a stability ball holding a kettlebell in each hand.
2. Raise the kettlebells out to the side and over your head.
3. Keep your elbows just slightly bent. Return to the starting position and repeat.

Straight arm trunk rotation with kettlebells



Exercise Description:

Straight arm trunk rotation with kettlebells

Classification:

Shoulders (kettlebell)

Instructions:

1. Start by sitting on a stability ball and holding two kettlebells out to the side.
2. Holding the kettlebells in this position rotate your trunk so that you turn about 90 degrees.
3. Return to the starting position and repeat to the other side. Keep your body upright and abs stay tight.

Kneeling lateral front raise combo



Exercise Description:

Kneeling lateral front raise combo

Classification:

Shoulders (kettlebell)

Instructions:

1. Start by kneeling on a stability ball and maintaining your balance.
2. Take two kettlebells or dumbbells and keeping your arms straight raise them out to the side parallel with your shoulders.
3. Once you reach parallel then rotate them forward so that they are extended directly in front of you.
4. Return to the starting position and repeat.

Advanced seated alternating arm circles



Exercise Description:

Advanced seated alternating arm circles

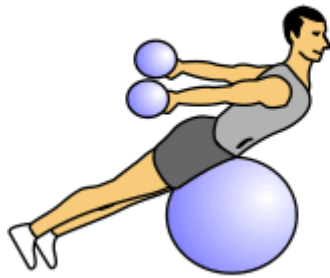
Classification:

Shoulders (kettlebell)

Instructions:

1. Sit on a stability ball with a kettleball in each hand.
2. Raise your right hand to shoulder height and hold.
3. Simultaneously raise your left hand to shoulder height and also raise your left leg off the ground.
4. Maintain your balance by contracting your abdominals to stabilize. Return to the starting position and repeat with the other side.

Prone arm circles with kettlebells



Exercise Description:

Prone arm circles with kettlebells

Classification:

Shoulders (kettlebell)

Instructions:

1. Start by lying face down so that the stability ball is under your hips and your lower back has to support your upper body.
2. Holding a kettlebell in each hand rotate your shoulders back behind your head and then forward parallel with your upper body.
3. Remember to maintain control and repeat according to the prescribed repetitions

Seated arm swings with kettlebells



Exercise Description:

Seated arm swings with kettlebells

Classification:

Shoulders (kettlebell)

Instructions:

1. Sit on a ball with a kettlebell in each hand.
2. Raise one arm forward to chest level and raise the opposite arm behind you to your end range of motion (not higher than shoulder level).
3. Control the weight and return to the starting position and repeat.

Leg extension and shoulder combo



Exercise Description:

Leg extension and shoulder combo

Classification:

Shoulders (kettlebell)

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.

Standing windmill with kettlebells



Exercise Description:

Standing windmill with kettlebells

Classification:

Shoulders (kettlebell)

Instructions:

1. Stand and hold one kettlebell over your head and the other down in front of your stomach.
2. Rotate the weight in a windmill fashion and then reverse the direction.
3. Try to minimize momentum and repeat according to the prescribed repetitions.

Volleyball spike with kettlebell



Exercise Description:

Volleyball spike with kettlebell

Classification:

Shoulders (kettlebell)

Instructions:

1. Stand in a staggered stance and hold a kettlebell beside your head as if you are going to spike a volleyball.
2. Extend your arm and follow through as if you are hitting a volleyball.
3. Return to the starting position and repeat.

Alternating Kettlebell Shoulder Press/Balance



Exercise Description:

Alternating Kettlebell Shoulder Press/Balance

Classification:

Shoulders (kettlebell)

Instructions:

1. Start by balancing yourself on the board. Next balance yourself holding a kettlebell in each hand at shoulder height.
2. Press one kettlebell up over your head and return to the starting position. Repeat for the prescribed number of repetitions and then switch arms.
3. For variety you can alternate pressing back and forth for the desired repetitions.

Alternating Kettlebell Press



Exercise Description:

Alternating Kettlebell Press

Classification:

Shoulders (kettlebell)

Instructions:

1. Start by holding kettlebells at shoulder height.
2. Press one kettlebell overhead and return to the starting position.
3. Repeat for the required number of repetitions and then repeat with the other arm.
4. For variety you can alternate pressing back and forth until all required repetitions are met.

Double Kettlebell Push Press



Exercise Description:

Double Kettlebell Push Press

Classification:

Shoulders (kettlebell)

Instructions:

1. Clean two kettlebells to your shoulders. Squat down about half way and reverse the motion rapidly.
2. Use the momentum from the legs to drive the kettlebells overhead. Once the kettlebells are locked out, lower the kettlebells to your shoulders and repeat.
3. Repeat for the recommended repetitions.

Double Kettlebell Swing



Exercise Description:

Double Kettlebell Swing

Classification:

Shoulders (kettlebell)

Instructions:

1. Place two kettlebells between your feet. Push back with your butt and bend your knees to get into the starting position.
2. Make sure that your back is flat and look straight ahead. Swing the kettlebells between your legs forcefully.
3. Quickly reverse the direction and drive through with your hips taking the kettlebells straight out to chest level.
4. Let the kettlebells swing back between your legs and repeat for the required repetitions.

Double Kettlebell Snatch with KB upside down



Exercise Description:

Double Kettlebell Snatch with KB upside down

Classification:

Shoulders (kettlebell)

Instructions:

1. Place two kettlebells behind your feet. Bend your knees and sit back to pick up the

- kettlebells. Swing the kettlebells between your legs forcefully and reverse the direction.
2. Drive through with your hips and lock the kettlebells overhead in one uninterrupted motion keeping the kettlebells upside down.
 3. Return to the starting position and repeat for the required repetitions.

Kettlebell press in squatted position



Exercise Description:

Kettlebell press in squatted position

Classification:

Shoulders (kettlebell)

Instructions:

1. Clean a kettlebell to your shoulder. Squat down a few inches and hold.
2. Now press the kettlebell over your head until locked out.
3. Return to the starting position and repeat for the required repetitions while maintaining squatted position.
4. Repeat with other arm.

One Arm Kettlebell Shoulder Press



Exercise Description:

One Arm Kettlebell Shoulder Press

Classification:

Shoulders (kettlebell)

Instructions:

1. Clean a kettlebell to your shoulder. Now press the kettlebell up over your head.

2. Return to the starting position and repeat for the recommended repetitions.
3. Switch arms and repeat.

One Arm Kettlebell Squat and Press



Exercise Description:

One Arm Kettlebell Squat and Press

Classification:

Shoulders (kettlebell)

Instructions:

1. Start by holding a kettlebell at shoulder height.
2. Proceed to squat down into a quarter squat and immediately reverse your direction to stand up.
3. As you are standing up press the kettlebell over your head.
4. Return to the starting position and repeat for the recommended repetitions.
5. Repeat with the other arm.

1-Arm Kettlebell Arnold Press



Exercise Description:

1-Arm Kettlebell Arnold Press

Classification:

Shoulders (kettlebell)

Instructions:

1. Start by holding a kettlebell in one hand at shoulder level with your palm facing

towards you.

2. Press the kettlebell up over your head and rotate your hand so that your palm faces out away from you.

3. Return to the starting position and repeat this movement for the desired repetitions. Repeat with the other arm.

1-Arm Seated Arnold Kettlebell Press



Exercise Description:

1-Arm Seated Arnold Kettlebell Press

Classification:

Shoulders (kettlebell)

Instructions:

1. Sit on the ground with your legs spread apart and hold a kettlebell in one arm with your palm facing towards you.

2. Press the kettlebell up over your head and rotate your wrist so that your palm is facing away from you at the top of the movement.

3. Return to the starting position and repeat for the desired repetitions and then repeat with the other arm.

Standing Kettlebell Shoulder Press



Exercise Description:

Standing Kettlebell Shoulder Press

Classification:

Shoulders (kettlebell)

Instructions:

1. Stand with a kettlebell in each hand at shoulder level.
2. Press the kettlebells up over your head until you reach full extension.
3. Lower the kettlebells and return to the starting position.
4. Repeat for the desired repetitions.

Standing Upside Down Kettlebell Press**Exercise Description:**

Standing Upside Down Kettlebell Press

Classification:

Shoulders (kettlebell)

Instructions:

1. Start by holding a kettlebell in each hand with the bottom of the kettlebell pointed towards the ceiling at shoulder level.
2. Proceed to press the kettlebells up over your head keeping the kettlebells upside down.
3. Return to the starting position and repeat for the suggested repetitions

Seated Upside Down Kettlebell Press**Exercise Description:**

Seated Upside Down Kettlebell Press

Classification:

Shoulders (kettlebell)

Instructions:

1. Start by sitting on a bench and holding a kettlebell in each hand with the bottom of the kettlebell pointed towards the ceiling at shoulder level.
2. Proceed to press the kettlebells up over your head keeping the kettlebells upside down.
3. Return to the starting position and repeat for the suggested repetitions.

Seated One Arm Upside Down Kettlebell Press**Exercise Description:**

Seated One Arm Upside Down Kettlebell Press

Classification:

Shoulders (kettlebell)

Instructions:

1. Start by sitting on a bench and holding a kettlebell in one hand with the bottom of the kettlebell pointed towards the ceiling at shoulder level.
2. Proceed to press the kettlebell up over your head keeping the kettlebell upside down.
3. Return to the starting position and repeat for the suggested repetitions. Repeat with the other arm.

One Arm Upside Down Kettlebell Press

Exercise Description:

One Arm Upside Down Kettlebell Press

Classification:

Shoulders (kettlebell)

Instructions:

1. Start by holding a kettlebell in one hand with the bottom of the kettlebell pointed towards the ceiling at shoulder level.
2. Proceed to press the kettlebell up over your head keeping the kettlebell upside down.
3. Return to the starting position and repeat for the suggested repetitions. Repeat with the other arm.

1 Arm Kettlebell Arnold Press**Exercise Description:**

1 Arm Kettlebell Arnold Press

Classification:

Shoulders (kettlebell)

Instructions:

1. Start by standing and holding a kettlebell with one arm at shoulder height with your palm facing towards you.
2. Press the kettlebell up over your head and rotate your hand so at the top your palm is facing away from your body.
3. Return to the starting position and repeat for the suggested repetitions.
4. Repeat with the other arm.

Seated 1 Arm Arnold Kettlebell Press



Exercise Description:

Seated 1 Arm Arnold Kettlebell Press

Classification:

Shoulders (kettlebell)

Instructions:

1. Start by sitting on a bench and holding a kettlebell with one arm at shoulder height with your palm facing towards you.
2. Press the kettlebell up over your head and rotate your hand so at the top your palm is facing away from your body.
3. Return to the starting position and repeat for the suggested repetitions.
4. Repeat with the other arm.

Alternating Arnold Kettlebell Press



Exercise Description:

Alternating Arnold Kettlebell Press

Classification:

Shoulders (kettlebell)

Instructions:

1. Start by standing and holding a kettlebell in each hand with your palms facing towards you.
2. Press one kettlebell overhead and rotate your hand so that your palm faces out away from your body at the top.
3. Return to the starting position and repeat with the other arm.
4. Continue until you have reached the suggested repetitions.

Seated Alternating Arnold Kettlebell Press



Exercise Description:

Seated Alternating Arnold Kettlebell Press

Classification:

Shoulders (kettlebell)

Instructions:

1. Start by sitting on a bench and holding a kettlebell in each hand with your palms facing towards you.
2. Press one kettlebell overhead and rotate your hand so that your palm faces out away from your body at the top.
3. Return to the starting position and repeat with the other arm.
4. Continue until you have reached the suggested repetitions.

