

Full Body (kettlebells)

Alternating Renegade Row



Exercise Description:

Alternating Renegade Row

Classification:

Full Body (kettlebells)

Instructions:

- 1) Lie face down on the floor with your hands and dumbbells directly underneath your chest.
- 2) Place hands slightly wider than shoulder width, and feet should be at hip width with toes on floor.
- 3) Start position: Extend the elbows and raise the body off the floor.
- 4) One at a time lift a dumbbell like in a rowing movement.
- 5) Return to the start position by extending the arm and then lift the other arm.
- 6) Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.

Two Arm Kettlebell Clean



Exercise Description:

Two Arm Kettlebell Clean

Classification:

Full Body (kettlebells)

Instructions:

- Keep torso straight but bent forward at the hips slightly.
Explosively raise the kettleballs by extending the hips, knee and ankle in a “jumping action”.
- Keep your elbows out and shoulders directly above the kettleballs as long as possible.
Keep the kettleballs 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 elbows around and underneath the kettleballs.
Rack your hands across the front of the shoulders.
Slightly flex the hips and knees to absorb the weight.
This should be a fluid motion where all the steps flow together.

Bottoms Up Clean from Hang Position



Exercise Description:

Bottoms Up Clean from Hang Position

Classification:

Full Body (kettlebells)

Instructions:

Stand with feet parallel and holding one kettlebell. Slightly bend hips keeping your back straight.

Forcefully extend your hips, knees, and ankles.

Once full extension is reached pull the kettleball up towards your chest with your arm.

Repeat with the other arm for the prescribed repetitions.

Double Kettlebell Windmill



Exercise Description:

Double Kettlebell Windmill

Classification:

Full Body (kettlebells)

Instructions:

Start Position: Place one arm overhead full extended with a kettleball. Bend forward at

the hips keeping back flat to grab the other kettleball with the free hand. While holding one kettleball overhead continue to raise and lower the other kettleball. Continue for the desired repetitions and repeat with the other arm.

Front Squat with 2 Kettlebells



Exercise Description:

Front Squat with 2 Kettlebells

Classification:

Full Body (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:

Full Body (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:

Full Body (kettlebells)

Instructions:

Keep torso straight but bent forward at the hips slightly.

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

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

Keep the kettlebell 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 kettlebell.

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.

Alternating Press on Balance Board



Exercise Description:

Alternating Press on Balance Board

Classification:

Full Body (kettlebells)

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:

Full Body (kettlebells)

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.

Between the Legs Pass



Exercise Description:

Between the Legs Pass

Classification:

Full Body (kettlebells)

Instructions:

Stand with your feet wider than shoulder width. Grab one kettleball with your left hand and bring it around the front of your left leg towards the back of the leg.

Reach between your legs with your right arm and switch the kettleball to your right hand.

Repeat this circular motion for the prescribed repetitions.

Repeat with other arm.

Turkish Get Up (lunge style)



Exercise Description:

Turkish Get Up (lunge style)

Classification:

Full Body (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:

Full Body (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 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:

Full Body (kettlebells)

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 elbows out and shoulders directly above the kettlebell as long as possible.

Keep the kettlebell 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 kettlebell.

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 Kettlebell Jerk**Exercise Description:**

One Arm Kettlebell Jerk

Classification:

Full Body (kettlebells)

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 ¼ 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.

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:

Full Body (kettlebells)

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 Push Press**Exercise Description:**

One Arm Push Press

Classification:

Full Body (kettlebells)

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.

Return to start position.

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

One Arm Kettlebell Row**Exercise Description:**

One Arm Kettlebell Row

Classification:

Full Body (kettlebells)

Instructions:

1) Stand with feet hip width and knees slightly bent.

2) Start position: Bend at hips with back straight and knees bent. Take one hand and place on stationary object that is approximately waist height to support upper body. Hold kettlebell in

- other hand with a neutral grip and let arm hang straight down (perpendicular to floor).
- 3) Keeping elbows close to body, pull kettleball up to body and squeeze shoulder blades together at top of movement.
 - 4) Return to start position.
 - 5) Remember to keep back and head straight - hyperextension, flexion, or trunk rotation may cause injury.

One Arm Snatch



Exercise Description:

One Arm Snatch

Classification:

Full Body (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 elbow pointed out and arm straight.

At maximum height slightly flex the hips then the knees.

Rotate elbows around and under the dumbbell.

At maximum bar height, fully extend the elbows and lock the kettleball overhead.

Catch the kettleball by flexing at the knees and hips to absorb the weight.

One Arm Split Jerk



Exercise Description:

One Arm Split Jerk

Classification:

Full Body (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 ¼ 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 Split Snatch



Exercise Description:

One Arm Split Snatch

Classification:

Full Body (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 elbow pointed out and arm straight.

At maximum height slightly flex the hips then the knees.

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

At maximum bar height, fully extend the elbows and lock the kettleball overhead.

Catch the kettleball 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:

Full Body (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 ¼ 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:

Full Body (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:

Full Body (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.

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

Return to starting position and repeat.

Overhead Squat

**Exercise Description:**

Overhead Squat

Classification:

Full Body (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:

Full Body (kettlebells)

Instructions:

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

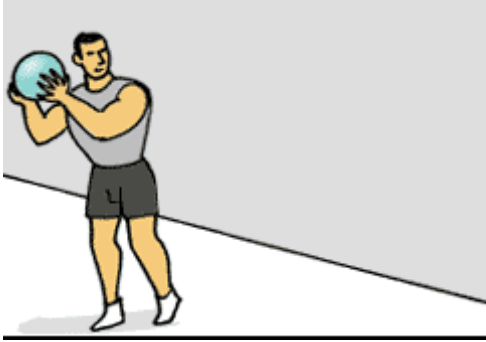
Swing the kettleball backwards and then forcefully swing the kettleball forward to a chest level.

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.

Puts



Exercise Description:

Puts

Classification:

Full Body (kettlebells)

Instructions:

1. Stand with feet hip-width apart; place left foot approximately one foot in front of right foot.
2. Hold medicine ball with both hands and arms only slightly bent.
3. Swing ball over to the right shoulder and forcefully push (putt) ball forward to a partner or wall. Keep the stomach drawn in to maximize proper usage of muscle.
4. Catch ball on the bounce from your partner and repeat according to prescribed repetitions.

Russian Jerk



Exercise Description:

Russian Jerk

Classification:

Full Body (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

See Saw Press



Exercise Description:

See Saw Press

Classification:

Full Body (kettlebells)

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:

Full Body (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

Two Arm Military Press



Exercise Description:

Two Arm Military Press

Classification:

Full Body (kettlebells)

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.

Power lunge and press with kettlebells



Exercise Description:

Power lunge and press with kettlebells

Classification:

Full Body (kettlebells)

Instructions:

1. Starting position: Start from a hang clean position holding the kettlebells.
2. Proceed into a reverse lunge and pull the kettlebells above your head.
3. As you are pulling the kettlebells above your head lunge into the down position.
4. As you stand up to a lunge position finish pulling the kettlebells over your head.

Backhand tennis swing



Exercise Description:

Backhand tennis swing

Classification:

Full Body (kettlebells)

Instructions:

1. Hold one kettleball like if you were to hold a tennis racket.
2. Step across the front of your body and swing the arm holding the kettleball back across the body like a backhand swing with a racket.
3. Return to the starting position and repeat.

Farmers Walk



Exercise Description:

Farmers Walk

Classification:

Full Body (kettlebells)

Instructions:

1. Start by holding onto any object that you desire. This could be dumbbells, kettleballs, sandbags, blocks, etc. Be creative.
2. Hang onto the objects with one in each hand and walk the prescribed distance.
3. Repeat according to exercise program.

Baseball Swing with Kettleballs



Exercise Description:

Baseball Swing with Kettleballs

Classification:

Full Body (kettlebells)

Instructions:

1. Start by holding a kettleball in each hand.
2. Position your arms as if you were holding a bat.
3. Imagine taking a swing with a bat and mimic this movement.
4. Return to the starting position and repeat.

Tennis forehand swing



Exercise Description:

Tennis forehand swing

Classification:

Full Body (kettlebells)

Instructions:

1. Hold a kettlebell in your right hand and stand as if you are going to perform a forehand swing.
2. Perform a forward lunge with your left leg and swing the kettlebell as if you are performing a forehand swing.
3. Return to the starting position and repeat.

Volleyball spike with kettlebell



Exercise Description:

Volleyball spike with kettlebell

Classification:

Full Body (kettlebells)

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 clean



Exercise Description:

Alternating kettlebell clean

Classification:

Full Body (kettlebells)

Instructions:

1. Start by holding two kettlebells between your legs in a squatted position.
2. Explode up to a standing position and clean one kettlebell to shoulder height.
3. Return to the starting position and repeat with the other side.
4. Complete for the required number of repetitions.

Double Kettlebell Push Press



Exercise Description:

Double Kettlebell Push Press

Classification:

Full Body (kettlebells)

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:

Full Body (kettlebells)

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:

Full Body (kettlebells)

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.

One Arm Kettlebell Squat and Press



Exercise Description:

One Arm Kettlebell Squat and Press

Classification:

Full Body (kettlebells)

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 Clean



Exercise Description:

1-Arm Kettlebell Clean

Classification:

Full Body (kettlebells)

Instructions:

1. Start by standing and holding one kettlebell between your legs.
2. Proceed into a semi-squatted position allowing the kettlebell to swing in between your legs.
3. Once you have squatted down immediately stand up and swing the kettlebell up towards your shoulders and finish in a clean position.
4. A different variation is to have the kettlebell swing around your wrist so as to end lying against wrist rather than pointing up like the animation shows.

1-Arm Kettlebell Clean and Jerk



Exercise Description:

1-Arm Kettlebell Clean and Jerk

Classification:

Full Body (kettlebells)

Instructions:

1. Start by standing and holding one kettlebell between your legs.
2. Proceed into a semi-squatted position allowing the kettlebell to swing in between your legs.
3. Once you have squatted down immediately stand up and swing the kettlebell up towards your shoulders. Continue with the momentum of the swing and press the kettlebell up over your head to a locked out position.
4. Return to the starting position and repeat for the desired repetitions and then repeat with the other arm.
5. A different variation is to have the kettlebell swing around your wrist so as to end lying against wrist rather than pointing up like the animation shows.

1-Arm Kettlebell Open Palm Clean



Exercise Description:

1-Arm Kettlebell Open Palm Clean

Classification:

Full Body (kettlebells)

Instructions:

1. Start by standing and holding one kettlebell between your legs.
2. Proceed into a semi-squatted position allowing the kettlebell to swing in between your legs.
3. Once you have squatted down immediately stand up and swing the kettlebell up towards your shoulders and rotate the kettlebell and then let go.
4. The kettlebell will continue to turn and then catch it with an open palm at shoulder level.
5. Return to the starting position and repeat for the desired repetitions. Repeat with the other arm.

Double Kettlebell Clean



Exercise Description:

Double Kettlebell Clean

Classification:

Full Body (kettlebells)

Instructions:

1. Start by holding two kettlebells at waist level.
2. Bend forward and allow the kettlebells to swing between your legs.
3. Stand back up and pull the kettlebells up towards your shoulders until you can hold in that position.
4. Return to the starting position and repeat for desired repetitions.

Double Kettlebell Snatch



Exercise Description:

Double Kettlebell Snatch

Classification:

Full Body (kettlebells)

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.
3. Return to the starting position and repeat for the required repetitions

