

KETTLEBELL



Training Manual

FEATURING PROFESSIONAL TRAINER

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Read all information before use.
Serious injury or fatality may occur.

This guide is intended to be used
with the accompanying DVD.

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WARNING

The risk of injury from participating in this or any fitness regimen and/or from the performance of these exercises or similar exercises is significant, and includes the potential for catastrophic injury or death. You should and must consult a medical professional before undertaking any fitness regimen, exercise program, or diet including any exercises or techniques set forth in these materials (whether in video/DVD, book or pullout card form—collectively referred to in every media form as “Materials”).

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Introduction

This manual is a visual reference guide for the accompanying Brook Benten DVD. When viewing the DVD, use this manual to prepare for the next exercise or as a guide to take with you when traveling. Always start at a level that will allow you to complete all the recommended reps and sets as described on the DVD.

IMPORTANT:

*To get the most out of your DVD, start with the **TECHNIQUE & TUTORIAL** chapter first to learn the proper form and function for each exercise. Once you have mastered each exercise, you are ready to move onto the **KETTLEBELL BASICS WORKOUT** section of the DVD.*

Be patient and persistent; building strength takes time. Consume a healthy, balanced, low-fat, calorie-conscious diet to compliment this program.

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Workout Guidelines

SIZE RECOMMENDATIONS:

Typically the following weight recommendations suit most people for beginning their kettlebell training: 10-20 pounds for women, and 15-30 pounds for men. The lighter end of that range is recommended for those who weight train erratically, and the higher end of that range is for those who are seasoned in strength and power training. If you intend on doing cardio kettlebell workouts, exercises comprised of continuous movement for >20 minutes, you may want to select a kettlebell slightly lighter than the recommendation above. One of the great things about kettlebell training is that you can customize it to more of a strength sport by performing short bursts of movement with a challenging sized kettlebell, followed by a break period before repeating, or you can customize it to more of a cardio sport by performing continuous, non-stop movement with a lighter kettlebell over an extended period of time. To get the most results from kettlebell training, which program design should you follow? BOTH! Mix it up to shock your body; select some days for short bursts with breaks, and other days for continuous cardio kettlebell.

In order to train both ways, one kettlebell will not suffice. You need a heavier bell for strength-focused workouts, and a lighter bell for cardio-focused workouts.

The Kettlebell Basics workout on the DVD in this set is a cardio kettlebell workout. For a strength-focused workout, perform 3 sets of 6-12 repetitions of the exercises taught in the DVD tutorial chapter/Kettlebell Training Manual.

Workout Guidelines

COMPONENTS OF A KETTLEBELL:

HANDLE: top grip of the U-shaped shaft

HORNS: sides grip of the U-shaped shaft

BALL: the round, weighted bottom of the kettlebell (where the kettlebell stores the vast majority of its weight)

SAFETY ESSENTIALS:

- It is a good idea to perform kettlebell exercises in the grass or on a floor surface that if the momentum of the bell overpowers you, you can release the bell and let it fall
- Watch the included Kettlebell DVD in its entirety before exercising with your kettlebell for the first time
- Discontinue if you feel undue pain
- Have a towel and water bottle ready, and allow yourself to take intermittent breaks
- This or any workout may result in injury; to reduce the risk of injury, consult your physician before exercising with this equipment

Workout Guidelines

TECHNIQUE ESSENTIALS:

-Powerfully thrust your hips forward to drive the kettlebell out in kettlebell swings. Practice this movement without a bell, initially, to learn the sensation.

A good training technique is to practice freestanding vertical leaping, since a kettlebell swing recruits the same muscles and hip motion as a vertical leap; the primary difference between these exercises is that the energy will be transferred to the bell instead of the body with a swing.

-Allow your arms to simply be the ropes that the kettlebell swings on. The primary muscles driving the kettlebell out in swings should be the buttocks and thighs, not the shoulders. The bottom of the ball should face out (not down) at the top of the swing.

Try choking a towel around the handle as a training tool to learn this technique.

-Never, ever, under any circumstances should you round your back while performing kettlebell swings, snatches, or any other powerful momentum-driven kettlebell exercise

-When squatting, press your weight into your heels, keep your chest lifted, and maintain neutral spine

-Always keep your core muscles engaged while performing kettlebell exercises

-Be sure that you continue to breathe without interruption

Swing

Start



Finish

KETTLEBELL

1

Training Manual

Alternating Swing

Start



Finish

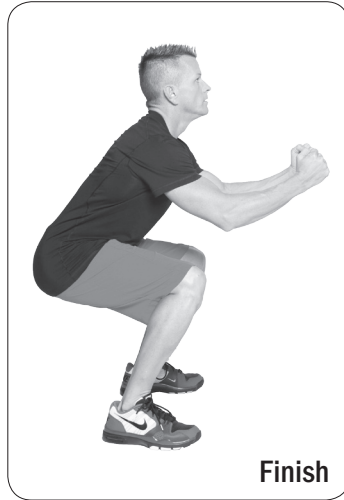
KETTLEBELL

2

Training Manual

Basic Squat

Start



KETTLEBELL

3

Training Manual

Curvilinear Row

Start



KETTLEBELL

4

Training Manual

Low Windmill

Start



Finish

KETTLEBELL

5

Training Manual

High Windmill

Start



Finish

KETTLEBELL

6

Training Manual

Unilateral (single arm) Swing

Start



Finish

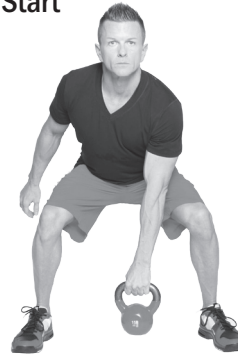
KETTLEBELL

7

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Upright Row

Start



Finish

KETTLEBELL

8

Training Manual

Shoulder Press

Start



Finish

KETTLEBELL

9

Training Manual

Shoulder Press (Advanced)

Start



Finish

KETTLEBELL

10

Training Manual

Figure Eights—Lunge

Start

A



B



C

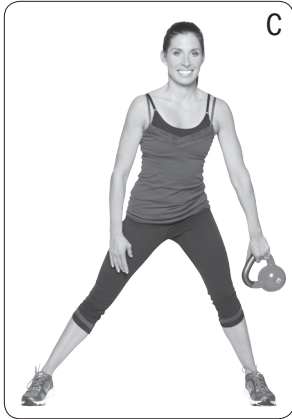
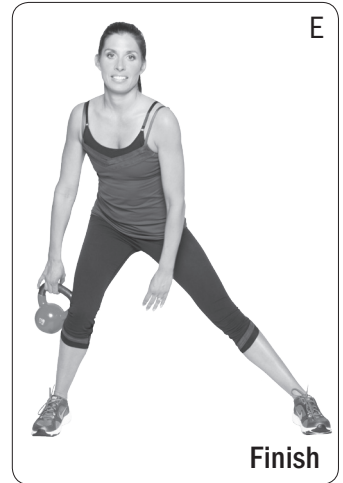


Figure Eights—Lunge

D



E



Finish

KETTLEBELL

11

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KETTLEBELL

12

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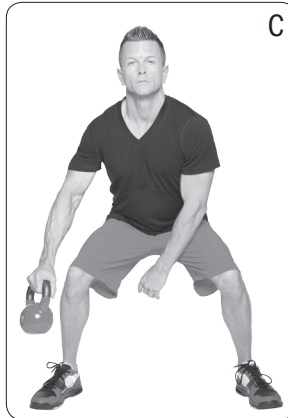
Figure Eights—Squat

Start

A



C



B

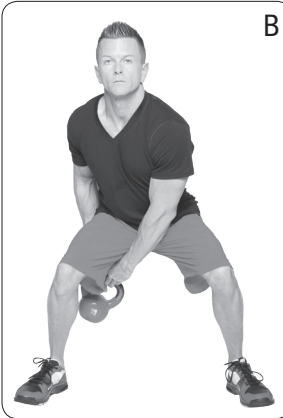
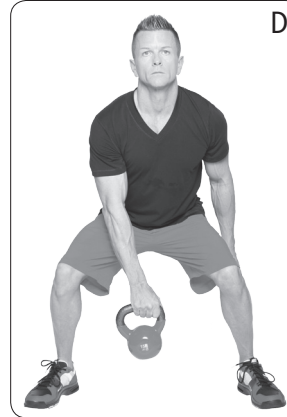
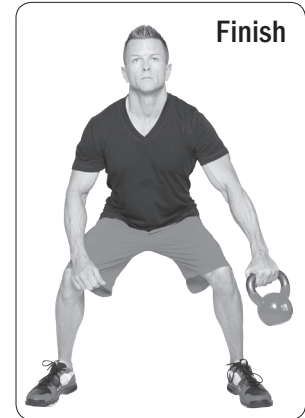


Figure Eights—Squat

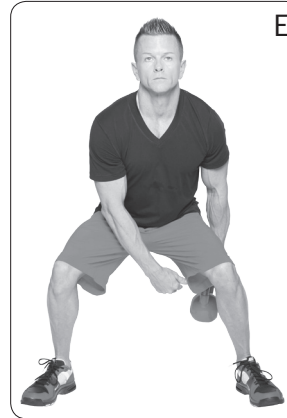
D



Finish



E



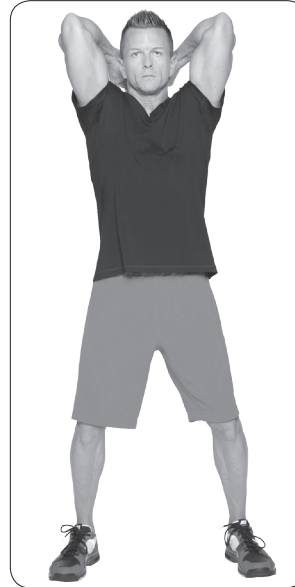
HALO

Start



HALO

Finish



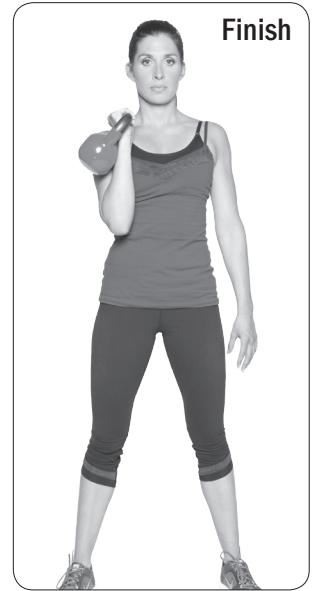
Rack

Start



Rack

Finish



Turkish Getup

Start

A



B



Turkish Getup

C



D



Turkish Getup



KETTLEBELL

Training Manual

21

Turkish Getup



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Turkish Getup



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