



• **Workout Guide** •

## What is a kettlebell?

The kettlebell or girya is a cast iron weight looking somewhat like a cannonball with a handle. Originally used as an agricultural tool a few hundred years ago, kettlebells began to be used as a weightlifting implement. The kettlebell was adopted throughout Russia as an amazing training tool, even been listed in the Russian Soldiers training manual 'Soldier be Strong' as "one of the most effective means of simultaneous strength & stamina development."

## Why use it?

The kettlebell is like having a complete gym, that you can take anywhere and do anything with.

It can improve your:

- posture,
- grip strength,
- balance and stability,
- endurance, strength levels
- tighten your core
- reshape your body
- remove unsightly fat from your body
- It will help build explosive power, which is useful for combat sports.

## Who uses kettlebells?

A large variety of people are using kettlebells today, for the simple reason that they work and deliver as promised. For example:

- Australian Institute of Sport
- Australian Army, SAS
- AFL teams (Collingwood, Essendon and Carlton)
- Personal Trainers and Strength and Conditioning Coaches
- World Powerlifting champions
- Elite Martial artists, wrestlers and boxers

With just a few exercises done in a circuit manner or as straight sets, to name a few training protocols, you can achieve the results you are looking for. A famous study conducted in Russia in 1983 by Voropayev, observed two groups of college students over a period of a few years. To gauge their performance, he used a standard battery of the armed forces physical training (PT) tests:

Pull-ups, a standing broad jump, a 100-meter sprint, and a 1K run. The control group followed the typical university PT program, which was military oriented and emphasized the above exercises. The experimental group just lifted kettlebells. In spite of the lack of practice on the tested drills, the kettlebell group showed better scores in everyone of them!

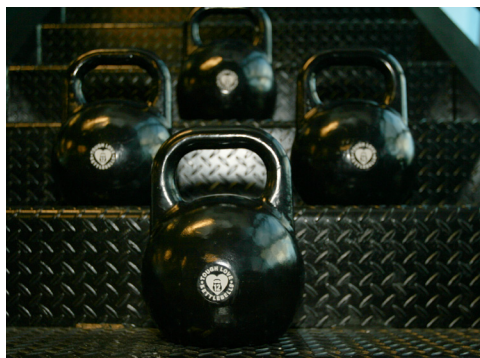
## Are they safe?

Kettlebells are surprisingly safe when done correctly. They have a very low incidence of injury at an elite level. Kettlebell training like any training, should be done under supervision of an instructor. Kettlebell exercises are based on fundamental, functional movements that we perform every day.

## What to wear?

Loose fitting clothes is preferable or clothes that allow you to move, no need to show off here and wear super tight t shirts, leave that to the bodybuilders.

You want to wear shoes that have a good grip e.g. Converse Chuck Taylors, Nike Frees, Dunlop Volleys etc. Shoes with too much air or gel don't allow your feet to develop a good connection with the floor.



# 10 Kettlebell Workouts

Below is a sample of Kettlebell workouts for you to try.

Work your way through the list, they are listed in degrees of difficulty.

You can stay on any number of these for a few weeks, or alternate a couple throughout the week.

Sometimes go all out on them, and other times take a step back and go easy.

Always ensure you apply due diligence and use proper technique, stay within your limits and respect the Kettlebell. Trying something to soon may cause an injury and that's the last thing you want, a setback when you're just starting out.

For more Kettlebell information visit [www.toughlovekettlebells.com.au](http://www.toughlovekettlebells.com.au)

## Important!

Please read the following safety information before using the Kettlebell and when using the Kettlebell.

1. Consult a doctor before undertaking strenuous activities or a new exercise program.
2. Please use correct technique as improper use of any exercise equipment could lead to injury, death and/or property damage.
3. Don't train in direct sunlight as you may be blinded during a part of a lift, potentially causing injury to yourself, others and property damage
4. When lifting a Kettlebell over your head, use caution and don't contest a Kettlebell if you feel like you won't make a lift, as I have said to my clients, if it's a fight between you and the Kettlebell, your dentist is your only winner.
5. Don't do your training on a breakable surface, e.g. tiles, grass is great or hard gym flooring.
6. Have clear vision around you when training.
7. Ensure your Kettlebell is wiped clean of foreign particulars and other things that may make usage less than ideal and potentially dangerous. This applies especially to the handle.

### Number one:

Turkish Get Up 3reps/side  
Two hand swing 15 reps  
Military Press 5 reps /side  
Front Squat 5 reps /side  
Repeat for 3 rounds as circuit

### Number two:

Two arm swing 20 reps  
Clean 5 reps /side  
Military press 5/side  
Row 5 reps /side  
Repeat 4 times as circuit

### Number 3:

One arm Swing 3\*10 reps /side  
Clean and press 3\*5 reps /side  
Front squat 3\*5 reps /side  
Windmill 3\*5 reps side  
Straight sets, rest as needed,  
but ensure proper technique used.

### Number 4:

Around the body pass 20 reps /side  
Two arm swing 3\*20 reps  
High pull 10 reps /side  
Figure 8, 15 reps /side  
Repeat 5 time times as circuit



**Number 5:**

Hand to hand swing 10 reps /side  
Clean to press to squat 5 reps /side  
Snatch 10 reps /side  
Windmill 5 reps /side  
Repeat 3 times as circuit

**Number 6:**

Snatch 10 reps /side  
Clean and press 5 reps /side  
Front squat 5 reps /side  
Row 5 reps /side  
Repeat 4 times as circuit

**Number 7:**

Turkish get up 5\*5 reps /side  
Clean and press 5\*5 reps /side  
Single leg deadlifts 5\*5 reps  
Lunge with Kettlebell held on opposing side, i.e. if lunging with right leg; hold the Kettlebell on the left side 5\*5 reps  
Straight sets

**Number 8:**

Front squat to press 3\*5/side  
High pulls 3\*15/side  
Chin ups 7 reps  
Renegade row with pushups in-between 5/side reps  
Straight sets

**Number 9:**

Swing cycle 20 seconds on 20 seconds off 20 seconds on Repeat 10 rounds, swapping hands for each round Rest 2 minutes then complete the below as a circuit:  
Front squat 5 reps /side  
Row 5 reps /side  
One leg deadlift 8 reps /side  
Figure 8; 10 reps /side Repeat 3 times

**Number 10:**

Hand to hand swing 4\*10 reps /side  
Sea saw press 5\*5 reps /side use a heavier bell on one side than the other e.g. 20kg on left hand, 12kg on right. Do the 5 reps then swap sides  
Overhead squat 3\*5 reps /side  
Get up sit up 3\*5 reps /side

