



My Madsweat Workout

Killer Kettlebells



Safety

- Obtain proper instruction from a certified kettlebell instructor before starting
- Begin using light kettlebells & gradually move up in size
- Be aware of back position & train with space to swing & drop bells

WARNING: The images, videos and text in these workouts depict strenuous exercises performed by professionals. The information provided does not replace the advice and counsel of a personal trainer, health care provider or other health professional. As with all strenuous physical endeavors, extreme caution is recommended. Improperly performing the exercises demonstrated, or performing them beyond your ability may result in serious injury or death. You assume these risks when using these workouts.



Swing the bell(s) in a smooth arc, up and away from your body with your arms straight. Allow the bell to follow the same path on the way down, absorbing it at the bottom. Keep your back neutral/flat throughout the movement. Tap the video icon to watch a sample of the basic swing.

Intensity

Reps: **50**

Sets: **1 set** per exercise

Load: **CHALLENGING** weight that allows you to finish all reps

Rest: **30 seconds** between sets

For each exercise, perform 1 set of 50 repetitions, resting 30 seconds between exercises. Choose kettlebells that allow you to complete all reps. If its too easy, move up to the next size kettlebell. If its too hard, move down a size.



Full Body

- 1 - Squat holding a kettlebell in each hand between your legs with your arms straight.
- 2 - Thrust your hips forward swinging the kettlebells out and up to shoulder height with your arms straight.

- Allow the kettlebells to fall, guiding them back down along the same path and repeat.
- Keep your back flat throughout.



Full Body

- 1 - Squat holding a kettlebell in one hand between your feet with your arm straight.
- 2 - Thrust your hips forward, pulling the kettlebell straight up overhead, catching it at the top with your arm straight.

- Absorb the kettlebell at the top by dipping at the hips and knees slightly, keeping your arm straight.
- Keep the bell close to your body throughout.



Full Body

- 1 - Squat holding a kettlebell in one hand between your legs with your arms straight.
- 2 - Thrust your hips forward swinging the kettlebell out and up and then pull it in, catching it at shoulder height, bending at the elbow.

- Absorb the kettlebell at your shoulder by dipping at the hips and knees slightly.



Shoulders

- 1 - Stand upright holding the kettlebells at shoulder height with your elbows bent and your palms facing in.
- 2 - Bend your hips and knees slightly and then quickly thrust the kettlebells overhead, extending your arms and legs fully.

- Keep your back flat and remain upright throughout the movement.



Back

- 1 - Bend forward at your waist with your knees slightly bent and your back flat holding one kettlebell at chest level and the other with your arm straight.
- 2 - Lift one kettlebell straight up to your chest while lowering the other to a straight arm position.

- Keep your back neutral/flat throughout



Chest

- 1 - Support your body on your toes with your hands on the kettlebells, your elbows bent and your chest nearly touching the floor.
- 2 - Push up to a straight arm position, keeping your back flat and your hips in line with your shoulders.

- Lower your body back to the start position and repeat.



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- Full Body**
- High Pull**
- 1 - Squat holding a kettlebell in both hands between your feet with your arms straight.
 - 2 - Extend your hips and raise the kettlebell up to just below your chin, keeping your elbows above your hands.
- Keep the kettlebell close to your body.



- Legs**
- Squat**
- 1 - Stand upright holding the kettlebells by your sides with your feet flat, shoulder-width apart.
 - 2 - Lower your body toward the floor, sending your hips back and down and bending your knees.
 - 3 - Push through your heels to return to the start position, keeping your back flat and head up throughout the movement.



- Abs**
- Russian Twist**
- 1 - Start in a sit up position with your feet off the floor, knees bent, holding a kettlebell at chest level.
 - 2 - Twist your torso to one side swinging the kettlebell to this side.
 - 3 - Twist your torso back to the other side swinging the kettlebell to this side.
- Keep your feet up and back flat throughout.



- Abs**
- Uni Windmill**
- both sides*
- 1 - Stand upright holding one kettlebell overhead with your arm fully extended.
 - 2 - Shift your hips back, rotate your trunk to one side and bend forward at the waist reaching your other hand to the floor.
 - 3 - Return upright with the kettlebell overhead throughout.