



A CLEAN, LEAN BODY AND SOUL

-KETTLEBELLS-

BY JASON ELLIOTT &
CHARLIE HUGHES



Copyright © Personal Trainer Wirral 2014

All rights reserved. No part of this publication may be reproduced, stored in or introduced into a retrieval system, or transmitted, in any form or by any means now known or hereafter invented, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of Jason Elliott & Charlie Hughes.

Contents

An Introduction	4
Buddah	5
Kettlebells At PTW	6
The Essential Movements.....	7
The Two Handed Swing	8
The Single Handed Swing.....	9
The Clean	10
The Press	11
The Snatch	12
The Squat.....	13
Program 1	14
Program 2	15
Program 3	16
The Right Choice	17
Social	18

An Introduction

Firstly, thank you for downloading our KETTLEBELL WORKOUT! we aim to provide you with A VARIETY OF EXERCISES Feel free to follow us online through the links provided below, and subscribe to our newsletter online.

Enjoy!

ptw



Buddah

“HEALTH IS THE GREATEST
GIFT, CONTENTMENT THE
GREATEST WEALTH,
FAITHFULNESS THE BEST
RELATIONSHIP.”



Kettlebells At PTW

You have made a fantastic decision to join millions of people around the world who have experienced the short and long term benefits of Kettlebell training!

It's very difficult to know exactly when and where Kettlebells were invented. There is evidence supporting their use in ancient Greece however they were popularised by the Russian military in the 1700s as part of their training regime. As a training tool they began being used as a form of weight training by strongmen, weightlifters and wrestlers in Russia and in the 1940s they were used in competitive sports.

Research has shown that the kettlebell is the most effective training technique for developing strength and endurance.



Why Kettlebell training?

The shape of the kettlebell allows for unique positioning of the weight directly above your centre of mass and allows you to keep your hand and wrists in neutral alignment. This allows greater endurance and longevity in the core lifts (swings, clean and press, snatches), so you can produce a much higher volume of exercise and thus greater conditioning and fitness. Research has proven that kettlebell training benefits:

- ▶ muscular endurance
- ▶ maximal strength
- ▶ explosive power
- ▶ Maintains and improves overall fitness
- ▶ Fat loss—burns up to 20 calories a minute

... time to take your first steps on the path to fitness



A Clean, Lean body And Soul

The Essential Movements

Before we begin our first workout we have put together easy to understand instructions to help you get the most from Kettlebell training. They cover:


 **Swing**

 **Clean**

 **Press**

 **Snatch**

 **Squat**

 A Clean, Lean body And Soul



The 2 Handed Swing



- Neutral Spine
- Shoulders Packed
- Activate Glutes & Hamstrings

- Lean Back & Swing
- Breath in on the back swing
- Look Forward

- Hip Thrust forward
- Swing No higher than chest
- Breath out On upswing



A Clean, Lean body And Soul

The Single Handed Swing



- Neutral Spine
- Shoulders Packed
- Activate Glutes & Hamstrings

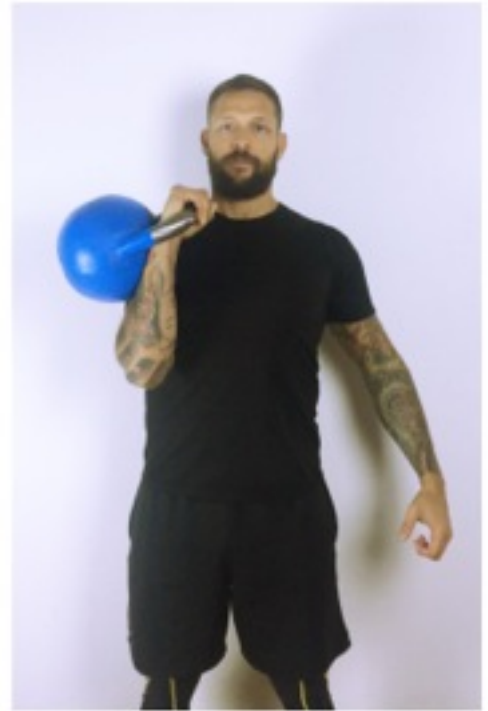
- Lean Back & Swing
- Breath in on the back swing
- Look Forward

- Hip Thrust forward
- Swing No higher than chest
- Breath out On upswing



A Clean, Lean body And Soul

The Clean



- Neutral Spine
- Shoulders Packed
- Activate Glutes & Hamstrings

- Lean Back & Swing
- Breath in on the back swing
- Look Forward

- Corkscrew Kettlebell to Shoulder height. (Travel Shortest distance possible)
- Elbow touching Torso.
- Forearm and wrist vertical.



A Clean, Lean body And Soul

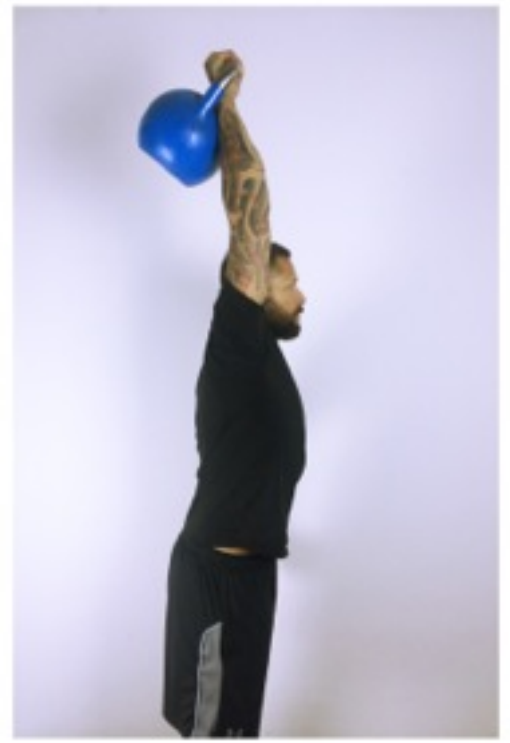
The Press



- From the rack position press the kettlebell in a vertical line above your head.
- Remember don't hook your arm out while pressing.
- Finishing position is with kettlebell above the head with arm fully locked out.
- Ear next to bicep.
- Slowly lower KB into the rack position.



The Snatch



- Neutral Spine
- Shoulders Packed
- Activate Glutes & Hamstrings

- Lean Back & Swing
- Breath in on the back swing
- Look Forward

- In one swift movement swing the KB all the way through to finish position.
- Finish is position is ear next to bicep, arm locked out straight.
- To avoid injuring wrist punch hand through handle before the finishing position. this allows the KB to land softly on your arm.



The Squat



- Hold the KB by the Horns
- Neutral Spine
- Heels and toes planted
- Squat to parallel position.



Program 1

Warming up

Before you begin any workout make sure you spend 5-10 mins warming up and mobilising the body. A good start is:

- 10 arm rotations forwards then backwards.
- 10 hip circles right/ left
- 10 air squats
- Repeat 3-5 times

This is a basic warm so feel free to add more exercises to your warm up

10 two handed swings
5 clean & press right then left
30-45 secs rest then repeat 3 times

10 single arm swings right then left
5 snatch right then left

Rest 30-45secs

10 two handed swings
10 goblet squat

Then 8-6-4-2 reps without stopping



Program 2

Warming up

Before you begin any workout make sure you spend 5-10 mins warming up and mobilising the body. A good start is:

- 10 arm rotations forwards then backwards.
- 10 hip circles right/ left
- 10 air squats
- Repeat 3-5 times

This is a basic warm so feel free to add more exercises to your warm up

10 snatch right then left
10 clean & press right then left

Rest 45-60secs then repeat 3 times

10 front squat right then left
20 two handed swings

Rest 45-60 secs

5 squat and press right then left

Then 4 reps each side 3-2-1



Program 3

Warming up

Before you begin any workout make sure you spend 5-10 mins warming up and mobilising the body. A good start is:

- 10 arm rotations forwards then backwards.
- 10 hip circles right/ left
- 10 air squats
- Repeat 3-5 times

This is a basic warm so feel free to add more exercises to your warm up

10 two handed swings- 2 clean and press right and left
8 two handed swings - 4 clean & Press: right and left
6 two handed swings- 6 clean and press: right and left
4 two handed swings- 8 clean and press: right and left

7 snatches right then 7 snatches left on the minute every
minute for 5 mins
This should take 30-40 secs then put the Kettlebell on the
floor and keep loose. When the clock reaches the next
minute start again taking a total of 5 minutes.

50 goblet squats as quickly as possible
As long as it takes try and complete the 50 reps,
Make a note of the time and try to improve next time
around.



the Right Choice

- 1 Increase Power
- 2 Increase Strength
- 3 Increase Aerobic capacity
- 4 Increase Anaerobic capacity

thank you for choosing ptw, we wish you the best of luck with your results,
don't hesitate to contact us at info@personaltrainerwirral.com





ptwirral321go



facebook.com/personaltrainerwirral



info@personaltrainerwirral.com

Thank You