



The Power Behind Performance®

Kettlebell

**IMPORTANT INFORMATION
PLEASE READ AND KEEP**

DISCLAIMER

The following guidelines should be observed when using the Kettlebell.

- Always consult your physician before participating in any physical activity.
- Always train under the supervision of a certified trainer or coach.
- Read all instructions carefully before using.
- Inspect the handle and bell for cracks and other damage before each use.
DO NOT USE IF DAMAGED – REPLACE IMMEDIATELY.
- The Kettlebell is intended for use only as described in this document.
Other uses are not recommended.
- Power Systems Inc. assumes no liability for accidents or damage that may occur with the use of the Kettlebell.

For more information about the Kettlebell
or other training products, contact

Power Systems, Inc.
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EXERCISES

Figure Eight

Starting Phase: Lower the body into a squatted position. Grasp the kettlebell in one hand and let it hang between the legs in front of the body. The upper body should be upright and rotated to allow the opposite hand and arm to hang behind the body.

Action Phase: Staying low with the chest lifted, begin the movement by handing the kettlebell off to the opposite hand. The pattern should go around and through the legs handing off to the opposite hand.

Training Tip: This movement pattern provides an excellent warm-up to get the hips, legs, and shoulders ready for exercise.



Upright Row

Starting Phase: Grasp the handle of the kettlebell with both hands. Stand in an upright posture with feet slightly wider than shoulder-width apart. Knees should be bent slightly to ease stress on the lower back.

Action Phase: Begin the movement by lifting the chest and pulling the shoulders back slightly. Raise the kettlebell with both hands, keeping the bell close to the body. The kettlebell should be raised to approximately chest height.

Training Tip: The number of repetitions and sets or time should be determined by your coach or trainer.



One-Arm Swing

Starting Phase: Lower the body into a squatted position. Grasp the kettlebell in one hand and let it hang between the legs in front of the body. The upper body should be upright and slightly rotated with the opposite arm out to the side for balance.

Action Phase: From the squatted position, begin to pull the arm that's holding the kettlebell upward while at the same time moving to a standing position. Thrust the hips forward at the top of the movement. The arm swing should stop at eye level. As the bell begins to lower, allow the body to return to a semi-squatted position and repeat the exercise. Momentum will assist you upward and back down. Repeat for each arm for maximum results.

Training Tip: The number of repetitions and sets or time should be determined by your coach or trainer.



Two-Arm Swings

Starting Phase: Lower the body into a squatted position. Grasp the kettlebell with both hands and let it hang between the legs in front of the body. The upper body should be upright with chest lifted.



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Action Phase: From the squatted position, begin to pull the arms upward while at the same time moving to a standing position. Thrust the hips forward at the top of the movement. The arm swing should not go any higher than eye level. As the bell begins to lower, allow the body to return to a semi-squatted position and repeat exercise. Momentum will assist you upward and back down.

Training Tip: The number of repetitions and sets or time should be determined by your coach or trainer.

High Pull



Starting Phase: Lower the body into a squatted position. Grasp the kettlebell in one hand and let it hang between the legs in front of the body. The upper body should be upright and slightly rotated with the opposite arm out to the side for balance.

Action Phase: From the squatted position, begin to pull the arm that's holding the kettlebell upward while at the same time moving to a standing position. Thrust the hips forward at the top of the movement. The arm swing should not go any higher than eye level. At the top of the movement, pull the bell toward the shoulder and then push back out in a single motion. As the bell begins to lower, allow the body to return to a semi-squatted position and repeat exercise. Momentum will assist you upward and back down. Repeat for each arm for maximum results.

Training Tip: The number of repetitions and sets or time should be determined by your coach or trainer.

One-Legged Dead Lift



Starting Phase: Grasp the handle of the kettlebell in the right hand while standing in an upright position. Take the right foot off the floor and balance on the left leg only. Keep the knee on the balance leg slightly bent.

Action Phase: Bending at the waist, slowly lower the kettlebell down toward the foot of the left leg. Stop just short of the foot and then return to starting position. Repeat for prescribed number of reps and change legs and arms. Movement should be slow and deliberate.

Training Tip: The number of repetitions and sets or time should be determined by your coach or trainer.