

KETTLE BELL

WORKOUT CHART



1 Plies



Grasp one kettle bell and stand with your feet a little more than hip width apart. Turn your toes out to a 45 degree angle. Hold the kettle bell with both hands in the center to a 90 degree angle. Press through your heels and squeeze your glutes to return back to your starting position.

2 Bridge



Lie down on the ground on your back with your feet shoulder width apart and flat on the floor. From here, grasp onto one of the kettle bells and carefully place the bell below your naval while still holding onto it. Squeeze your glutes and raise your hips as high as you can. From here slowly lower down to your starting position.

3 Stationary Lunge



Grasp one kettle bell your and stand with your feet hip-width apart. Step your right leg forward about 2 and a half feet. Hold the kettle bell comfortably down by your side. From here, drop your body weight straight down, bending both knees. Slowly lower down until your knees come to a 90 degree angle. Return to your starting position. Repeat this exercise on the other side.

4 Single Leg Calf Raise



Grasp onto the kettle bell and stand with your feet shoulder-width apart. Let your arms rest comfortably by your sides. From here, slowly lift your left foot about 3 inches from the ground, balancing your weight on your right foot. Now slowly lift your heel off the ground and then slowly lower back down to your starting position working the muscles of the calves.

5 Upright Row



Grasp two kettle bells and stand with your feet hip-width apart. Keeping bell of the kettle bells down, rotate your hands so your palms face toward your thighs. Now roll both arms up, leading your elbows to shoulder height. Slowly lower back down.

6 Close Grip Kettle Bell Press



Grasp two kettle bells and lie down on the ball with your back & neck supported. Press your arms straight up holding the kettle bells with bell down. From here, bend your elbows and lower the kettle bells to your chest. Return back to your starting position.

7 Alternating Bent Over Rows



Grasp two kettle bells and stand with your feet hip-width apart. From here slightly bend your knees and hinge forward at your hip so that your chest is parallel with the floor. Allow your arms to hang down straight towards the floor with your palms facing in. From here, row your right arm back, bending your elbow as far as you can. Return to your starting position. Now, row your left arm back. Continue alternating sides.

8 One arm Row with Ball



Grasp one kettle bell and stand with your feet shoulder-width apart. Place your free hand on the ball and slightly bend your knees. Turn the hand with the kettle bell in towards the ball. From here bend your elbow keeping your arm close to your side in a rowing motion. Return to your starting position. Repeat on the other side.

9 Kettle Bell French Press



Grasp two kettle bells and sit down on the ball with your feet shoulder-width apart. Roll down on the ball until your neck & back are supported by the ball. Press your arm straight up and turn your palms in. From here bend your elbows back & slowly bring the kettle bells to the top of your head. Return back to your starting position.

10 Seated Shoulder Press



Grasp two kettle bells and sit on the ball with your feet shoulder-width apart. Keeping the bell of the kettle bells down, raise your arms up and overhead with your palms facing in front of you. From here, return to your starting position.

11 Front Raise



Grasp two kettle bells and stand with your feet hip-width apart. Lay your arms comfortably by your sides keeping your wrists straight. From here, raise your arms up to shoulder height in front of you. Return to your starting position. Repeat this exercise on the other side.

12 Alternating Kettle Bell Press



Grasp two kettle bells. Step your right foot forward and then your left and roll down until your upper back and neck are supported by the ball. Press your right arm straight up and then lower back down. Press your left arm up and then lower back down. Continue alternating sides.

13 Triceps Kickbacks



Grasp one kettle bell and stand with your feet hip width apart. Slightly bend your knees and lower your upper body down so that it is parallel with the floor. Bend your right elbow back and lock it into your side at a 90 degree angle. From here straighten right arm as far as you can and repeat on the other side.

14 Standing Overhead Triceps Extensions



Grasp one kettle bell and stand with your feet hip width apart. Place both of your hands on the outside of the handle of the kettle bell and straighten your arms up and overhead. From here, bend your elbows and lower the kettle bell down toward the upper portion of your back. Now straighten your arms and return to your starting position.

15 Standing Biceps Curl



Grasp two kettle bells and stand with your feet hip width apart. Lie your arms down by your sides with your palms facing forward. Hold onto the kettle bells with the bells facing down. From here, bend your elbows, bringing the kettle bells toward your shoulders. Return to your starting position.

16 Kettle Bell Oblique Crunch



Grasp one kettle bell with both hands and lie down on the floor on your back. Place both knees to your left side with your knees bent. Extend your arms up and overhead with the bell facing down. Straighten your arms and crunch up using your abdominal muscles, lifting the bell off the ground. Repeat on the other side.