

A person's torso and arm are visible, holding a black kettlebell. The person is wearing black athletic shorts. A semi-transparent grey banner is overlaid across the middle of the image, containing the text 'KETTLEBELL BOOTCAMP' in large, bold, sans-serif font. Below this banner, a black rectangular box contains the word 'CHECKLIST' in white, bold, sans-serif font. At the bottom of the image, a solid red banner contains the text 'THE ULTIMATE KETTLEBELL TRAINING MANUAL' in white, bold, sans-serif font.

# **KETTLEBELL BOOTCAMP**

## **CHECKLIST**

**THE ULTIMATE KETTLEBELL TRAINING MANUAL**

# Kettlebell Bootcamp Checklist

Kettlebell is one of the exercises that most people regard as cool and interesting. If you have not seen a kettlebell before, you may be curious how it looks like. Well, it's pretty straightforward. It is a black cannonball with a handle that is cast of iron. While there are so many other workout tools that you can employ to achieve your health goals, kettlebell training has many unique health benefits if you choose to incorporate it into your workout routine. This checklist will run you through the simple tips and techniques to achieve your fitness goals.

# Chapter 1: How To Choose A Kettlebell

Over the years, some manufacturers have designed kettlebells with a concave face for ergonomic factors. Others like the newfangled kettlebells work the same way as dumbbells, which means that they can be loaded with plates for weight adjustments with just a single implement. For instance, kettlebell swings and getups are said to get the heart rate up and burn more fats in the same manner a cardio machine does but can do more in re-enforcing good mechanics.

Therefore, if you plan on buying your first kettlebell, it is important that you do the test before making the purchase. Start by holding up your hand and touch your thumb to the tip of your pinkie. Take note of the channel that forms on your palm. This is the point at which the kettlebell handle is supposed to rest most of the time. That is from the outside knuckle of your index finger down to the opposite side of your wrist in a diagonal orientation.

Follow this by picking up the weight and then holding the handle in the middle so that it fills the channel. Ensure that the bell rests on the back of your forearm and that the wrist at this point is straight. It is important that it does not impinge on the boney profile of your wrist. If at some point you pick up the kettlebell and it rubs against the bone protruding on the lateral side of your wrist, then this means that the weight displacement from the handle is not ideal. In other words, there is a high risk of you getting injured.

The best safety tip at this point is for you to avoid choosing a kettlebell that has a thick handle. You will realize that Onnit's handles have a diameter that is a little over an inch. This is enough when it comes to working your grip strength, while not causing unnecessary fatigue.

When performing an exercise like a swing, there is a possibility that you will be making so many reps in a single workout. The key here is to ensure that your grip does not burn out. This is mainly because it is counterproductive from a technical standpoint. When the grip is overworked, there is a chance that you will see a whole slew of mechanical problems that will occur. As for how much weight you should begin with, men can typically lift 16 kilos while women can lift 8 kilos.

## **Chapter 2: The Benefits of Kettlebell Training**

There are so many benefits that you get to enjoy by performing kettlebell workouts. One thing that is important to note is that kettlebell training offers a unique combination of benefits from strength exercises and cardio. As mentioned earlier, kettlebell workout is more unconventional and quite resembles a cannonball with a handle attached to it. You can use it to build your strength, agility, boost balance and endurance while at the same time burn fat.

So, if you are still weighing whether or not to ditch those conventional dumbbells for something that will be worth your while, here are some of the benefits that you do not want to miss when you choose the kettlebell training;

1. Achieve Better Form
2. Improves Core Strength
3. Boost Athleticism
4. Easy Portability
5. Lowers Body Fats
6. Improves Posture
7. Inexpensive
8. Gaining Strength Without Bulk
9. Comfortable To Use
10. Quick Workout

## Chapter 3: Common Kettlebell Mistakes

If you are just starting out, ensure that you get the guidance that you need from an expert fitness coach to help you learn how to use the kettlebell equipment the right way. Here are some of the common mistakes that you should look out for when using the kettlebell;

**Mistake 1:** Opting For A Heavier Weight

**Mistake 2:** Generating Force By Using The Upper Part Of The Body

**Mistake 3:** Swinging The Kettlebell Too Fast

**Mistake 4:** Focusing On Quantity

**Mistake 5:** Putting On The Wrong Running Shoes

# **Chapter 4: Remedies To Common Mistakes During Kettlebell Exercises**

## **Remedy 1**

Before you get your hands on any kettlebell, it is critical that you practice basic movements first. The best way to do this is by starting with a few mobility exercises just to warm the joints up. You can also start with lightweight objects like water bottles to practice kettlebell swings especially if you are a beginner. This ensures that you learn mobility without having to put yourself at risk of injury.

## **Remedy 2**

For you to effectively and efficiently practice using the force derived from the whole body, it is critical that you consider practicing the kettlebell swings first. This will go a long way in helping you experience power being transferred from the lower parts of your body to the upper parts. Just bear in mind that your back needs to be kept flat and your glutes squeezed. Sooner or later, you will be proficient performing kettlebell workout exercises with so much zeal.

## **Remedy 3**

The next time you perform the kettlebell swing, try to perform the movement with a slower and more controlled pace. This is very critical in stabilizing and strengthening the larger groups of muscles while lowering the risk of injuries. Therefore, it is very important for you to take control of the kettlebell while moving it downwards just as it is when moving upwards. Just like any other exercise, kettlebell swing requires you to control its movement when you bring it around the head and ensure that the shoulders are stable.

## **Remedy 4**

For a beginner, it is advisable to start by simply setting yourself small targets. Focus your attention on completing at least ten reps before you perform higher reps. Once you can handle it, you can now add a small number of reps to your workout sessions bit by bit. It is better if you talk to your trainer about the problems you might be facing. While it is a good option to workout at home, it is important that you seek expert guidance especially if you have never used the kettlebell before.

## **Remedy 5**

Wear flat shoes with a better grip of the floor. You could also choose to perform the exercises bare feet. When you get rid of shoes, you stand a chance of strengthening your feet muscles and ligaments so that you have the freedom to move around seamlessly. Alternatively, you can choose to wear converse which has been proven to strengthen both the feet and the ankles.

## Chapter 5: Ways To Use Kettlebells

There are three major ways in which you can use kettlebells when working out. These include:

### **1. Warm-ups**

Kettlebells are the best tools to avoid imbalances and injuries. This is mainly because they will warm up your body by simply restoring healthy movement patterns in your body.

However, if you are not ready to start integrating kettlebells in your workout program, at least start using them little by little to enhance your mobility. This will help you get in position so that you can perform regular exercise movements safely. So when you lift heavier, your body can handle it and you can maintain the technique.

## **2. Doing Full Body Workouts**

All that you need for a great workout is to ensure that you are working all the major and minor muscles of your body. With kettlebells, you can achieve this using squats, hinge, pull and push techniques. Once you cover these movement patterns, you are good to go.

## **3. Set A Circuit**

When it comes to swings and getups, you will get your heart rate up the same way you would in a cardio machine. The most important thing with the kettlebell is that you can do more to reinforce good mechanics. The other bright side is that while you exercise, you are challenging yourself to be better while having so much fun. The trick here is to build a circuit with kettlebells before you progress to heavy weight-training sessions.

# Chapter 6: Kettlebell Workouts For Beginners

If you ask any trainer, they will tell you that kettlebell is here to stay because they have outstanding fitness and postural benefits. It is the one workout technique that can work multiple joints all at the same time. It is the one technique that you can use to achieve so many results simultaneously. It is not only great for the heart and the core but also offers the ability to stabilize the body.

1. Kettlebell Swing
2. Turkish Get Up
3. Kettlebell Windmill
4. Single Leg Deadlift
5. Kettlebell Goblet Squat
6. One-arm Overhead Press
7. Kettlebell Deadlift

8. Kettlebell One-arm Row
9. Kettlebell Goblet Half Get Up
10. Kettlebell Halo
11. Kettlebell Clean
12. Kettlebell Clean
13. Kettlebell Jerk

# **Chapter 7: Beginners, Intermediate and Advanced level Kettlebell Workout Plan**

Just as we mentioned earlier, it is critical that you engage in kettlebell exercises that your body can handle. This means that, if you are just getting started as a beginner, you are not supposed to engage in high-intensity kettlebell workouts. Here, we have three levels that will help guide how you engage in exercises that are suitable for your strength and level of flexibility to avoid unnecessary injuries.

## **Beginner Level Kettlebell Workouts**

The main objective of this is to increase your muscular strength as well as endurance in a large number of muscles in the body. It also plays a significant role in boosting the performance of your cardiovascular system. The total time recommended lies

between 15 and 45 minutes. Additionally, the total number of circuits to be performed in a single workout should be three.

## **Intermediate Level Kettlebell Workouts**

The main objective of this level of workout is to increase muscular strength and endurance. It is more difficult than the beginner level and can work the muscles three times as much. It also plays a critical role in boosting the performance of the cardiovascular system. The total amount of time taken here is estimated at 40 minutes. The total number of circuits to be performed at this level is three.

## **Advanced Level Kettlebell Workouts**

The advanced level of kettlebell workouts is suitable for those that have gone through the first two levels we have discussed and have attained a strong level of flexibility and muscular strength enough to handle the advanced workouts.

This level does not only promote muscular strength and endurance, but it also pays closer attention to strengthening the core and boosting the cardio capacity. The recommended length of time taken engaging in this level per session is 40 minutes while the total number of circuits to be performed per workout is three.

# **Chapter 8: Tips And Tricks To Use When Performing Kettlebell Workouts**

## **Tips You Need To Perform The Kettlebell Swing**

For you to perform the kettlebell swing we have discussed above, it is critical that you maintain the right posture as much as you can even though it is hard. Some of these tips will help you do it right;

- Load the heels and not your toes
- Try as much as you can to maintain a flat back throughout the exercise
- Ensure that you keep the shoulders in their sockets when lifting your chest
- Try not to hinge your lower back
- Take in deep and soft breaths when going up and breathe out nice and soft when coming down

- Stand tall throughout the entire exercise while squeezing your abs

## **Tips On How To Perfect The Single Leg Deadlift**

These include;

- Maintaining a tight grip while you keep the shoulder and your back aligned throughout the exercise.
- Ensure that you maintain the weight on the heel
- Instigate movements by simply moving one of your feet towards the back
- It is important that you try hard not to arch your lower back
- Come down slowly while maintaining control so that you do not rotate your hind leg lest you trip and fall
- Ensure that your movements go as far as you are comfortable without necessarily going beyond your limit of stability and flexibility