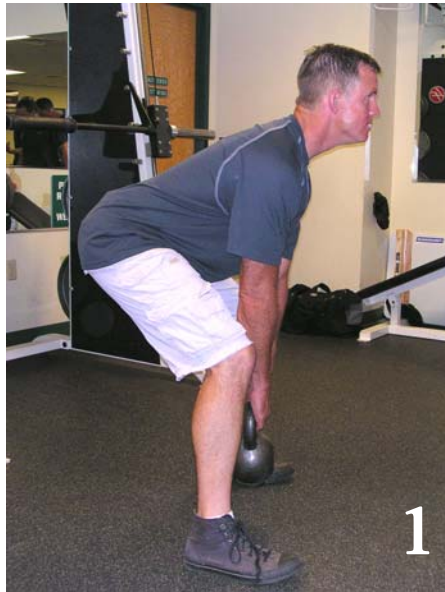


Kettlebell Swing

Start with the legs wider than shoulder-width and the kettlebell placed between them. Squat down to grasp the kettlebell, pushing the buttocks back while maintaining a flat back.



Lift the kettlebell off the floor and “snap” the hips forward as you stand. Keep the arms extended and do not try to raise the kettlebell with your arms.



Allow the hip “snap” to raise the kettlebell. The kettlebell will swing higher with each repetition due to the momentum.



Lock out the knees and contract the glutes, legs and abs on each swing.



Try to swing the kettlebell to eye level.

Swing Tips:

- Start with good squat form.
- Maintain a flat back at the bottom of the swing.
- The hip “snap” is what drives the kettlebell up, *not the arms*.
- Maintain a controlled descent but do not try to slow the kettlebell on the way down.