

Kettlebell Press



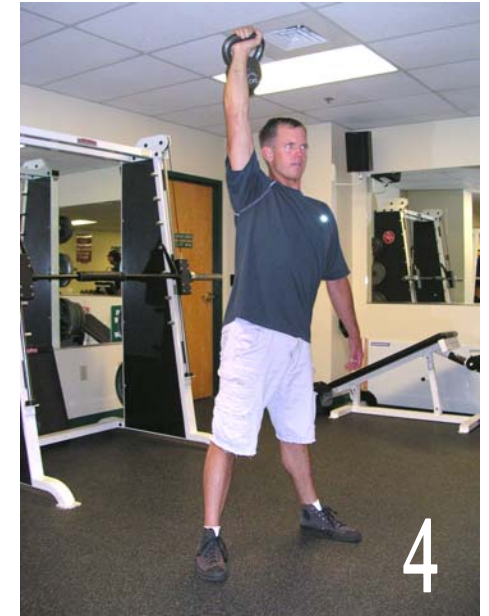
Hold the kettlebell and elbow close to your chest.



Press the kettlebell up while rotating the elbow out to your side.



Lock out your arm.
The elbow should be pointing to the side.



Tips for performing the Kettlebell Press:

- Lock out your knees and contract the legs and buttocks.
- Hold the empty arm out to the side for more balance.
- Try to touch your ear with your bicep as you lock out.