

At Home Kettlebell Exercises

**Consult a physician before starting an exercise program, and warm up first for 5 minutes*

Kettlebell's origins come from Russian strongmen called "Girevik." A kettlebell simply looks like a cannonball with a rounded handle on top.

Kettlebells are an ideal tool for ballistic full-body exercises using high muscle forces, making them potentially useful for improving muscular strength and cardiorespiratory fitness.

Specifics of the workout routines have varied (i.e., kettlebell weight, exercises, sets, repetitions, duration, and rest); however, most results indicate that the intensity is sufficient to improve cardiorespiratory fitness.

1. Kettlebell Side Lunge

Targets: Quads, adductors, glutes, hamstrings, and calves.



1. Set up with your feet shoulder-width apart while using both hands to hold your kettlebell.
2. Hold up the kettlebell to about the front of your chest.
3. Step laterally with your trail leg extended and descend until your thigh is parallel with the floor.
4. Drive through the weight-bearing leg and extend the knee as you push back to the starting position.
5. Repeat for the desired number of repetitions.

2. Kettlebell Swings

Targets: Shoulders, pectorals, quads, hips, and hamstrings.



1. Stand with your feet shoulder-width apart with a kettlebell about a foot in front of you on the ground. Bend at the waist and grasp the kettlebell handle with both hands. Your palms should be facing your body, and your torso should be nearly parallel to the ground.
2. Pull your shoulders down and back and brace your core before starting the exercise. Maintain these form cues throughout the entire set.
3. Lift the kettlebell off the ground and allow it to swing between your legs. Your knees should bend slightly during this movement. Keep your back flat and your neck straight.
4. Forcefully drive your hips forward to propel the kettlebell into the air. Control the kettlebell with your arms, but don't pull it up. The kettlebell should travel no higher than your shoulders.
5. Allow the kettlebell to swing down and back through your legs. Control the descent by keeping your core engaged. As the kettlebell lowers, move immediately and fluidly into the next rep.
6. On your final rep, allow it to swing back through your legs and then place it a foot in front of you on the ground.

3. Overhead Kettlebell Reverse Lunge

Targets: Lower back, deltoids, quadriceps, calves, gluteus maximus, and hamstrings.



1. Standing with a kettlebell just in front of you, hold the kettlebell and with one hand and press it overhead into a shoulder press. Keep your other arm out to your side for balance.
 2. From here, step one leg back into a lunge, bringing your back knee down to the ground with control.
 3. At the bottom of the lunge your legs should both be close to a 90-degree angle.
 4. Return by forcibly extending the knee and hip of the front leg and stepping forward with the back leg to the original standing position.
 5. Repeat for the desired number of repetitions before changing sides.
- Remember to ensure that you are always maintaining a rhythm of breathing and not holding your breath for an extended period.
 - Remember your visual cues of keeping an aligned, straight back. Some of these exercises involve having soft knees, not in a locked and tight position.
 - Keep your core solid throughout the movement to gain those extra core stability benefits.

For virtual or in-person help getting back to regular exercise contact your Curtis Health Personal Trainer for a customized plan, accountability, and professional assistance at: personaltraining@curtishealth.com