

Kettlebells NY



Charity Workshop "Cheat Sheet"

- **Swing**
 - Kettlebell is held in the center of the handle with the "OK" grip
 - Exhale at both ends of the swing, inhaling through the middle
 - Keep the arm straight and propel it off of your body on the up swing
 - At the top of the swing, your knees are straight (do not lock the knees) and hips are forward
 - At the back of the swing, your knees are also straight (do not lock the knees)
- **Clean**
 - **The Rack**
 - This is the position where you rest
 - Ideally the knees are locked and the hips forward
 - Kettlebell sits in the "V" of your arm
 - Elbow rests directly on your hip bone (iliac crest)
 - Handle is angled down across the hand
 - Lean back slightly as you drop the bell out of the Rack as a counter balance, perform Swing but as you come up, fold your elbow onto your hip to catch it back in the rack
- **Press**
 - Starting from the Rack, keeping knees locked throughout, press the bell straight up until the elbow is locked out and your arm is alongside your ear
 - Return the bell back to the Rack
- **Push Press**
 - Starting from the Rack, dip the knees, then coordinating the legs and arm together, drive the bell straight up locking out the knees and elbow at the same time, ending the same as the Press back to the Rack
- **Turkish Getup**
 - Keep the elbow locked AT ALL TIMES
 - Maintain sight of the kettlebell throughout the entire movement
- **Squat**
 - Disconnect the elbow from the hip (Rack position) before descending into squat
 - Keep elbow inside knee and avoid making contact between arm and leg

www.kettlebellsny.com

International Kettlebell & Fitness Federation,
International Kettlebell Sport & Fitness Academy, World Kettlebell Club