

# 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
- **Long Cycle Push Press**
  - This is the Clean + Push Press linked together
  - First perform a Clean, then from the Rack perform a Push Press, return to the Rack, repeat Clean followed by Push Press