

## Kettlebell Workout - 1

Exercise	Picture	Teaching points
Star Jumps	<a href="https://youtu.be/Kwawrj5pT9Q">https://youtu.be/Kwawrj5pT9Q</a>	<ul style="list-style-type: none"> <li>• Stand tall with feet hips width apart, arms by your side.</li> <li>• Jump your feet wide and raise your arms up over your head.</li> <li>• Jump your feet back in and bring your hands back down to your side.</li> </ul>
Plank	<a href="https://youtu.be/RI2BwKR4bRo">https://youtu.be/RI2BwKR4bRo</a>	<ul style="list-style-type: none"> <li>• Lie flat on your front on the floor.</li> <li>• Keep your legs straight and engage your abdominal muscles.</li> <li>• Push your toes into the floor and take your weight on your elbows.</li> <li>• Keep your back flat and hold the position.</li> </ul>
Kettlebell Squat & Press	<a href="https://youtu.be/K1dvHUzJNT0">https://youtu.be/K1dvHUzJNT0</a>	<ul style="list-style-type: none"> <li>• Stand tall with your feet shoulders width apart</li> <li>• Hold a kettlebell into your chest</li> <li>• Keeping your back straight and chest up, bend your hips and knees and lower yourself into a squat position</li> <li>• As you stand up press the kettlebell up over your head so that your arms are straight</li> <li>• Bring the kettlebell back down to your chest</li> </ul>
V-Sit Row	<a href="https://youtu.be/YXyQ2H6Dr2Q">https://youtu.be/YXyQ2H6Dr2Q</a>	<ul style="list-style-type: none"> <li>• Sit on the floor with your back straight and knees together with bent legs</li> <li>• Keep a straight back tip back and lift your feet off the floor</li> <li>• Engage your abdominals to keep your balance</li> <li>• Keep your hips facing forward and slowly twist your upper body from side to side</li> </ul>

Single Arm Row	<a href="https://youtu.be/HfE5Qwvr01c">https://youtu.be/HfE5Qwvr01c</a>	<ul style="list-style-type: none"> <li>• Stand with your feet in a split stance with your left leg forward holding a kettlebell in your right hand</li> <li>• Tip forward from your hips and bent your knees so that your front toes, knee and your shoulders are all in line</li> <li>• Engage your muscles so that your body maintains its position</li> <li>• Pull the kettlebell up, keeping it close to your body and pulling your elbow backwards</li> <li>• Return the kettlebell back down</li> </ul>
Alternate Lunge	<a href="https://youtu.be/n_5y8oc5rok">https://youtu.be/n_5y8oc5rok</a>	<ul style="list-style-type: none"> <li>• Stand tall with your feet hips width apart</li> <li>• Step forward with your left leg and bent both knees to 90 degrees that your right knee is under your right hip and your left knee is over your left ankle</li> <li>• Step back out of the lunge and then repeat on the other side</li> </ul>
Mountain Climbers	<a href="https://youtu.be/Hz4Op51yEuU">https://youtu.be/Hz4Op51yEuU</a>	<ul style="list-style-type: none"> <li>• Get into position on the floor on both hands and both feet</li> <li>• Engage you're core muscles to maintain a straight back</li> <li>• Keep your shoulders forward over your wrists and hold your torso in place</li> <li>• Alternating sides, bring your knee into your chest and then back out again</li> </ul>
Halos	<a href="https://youtu.be/1YLGk6gEqGg">https://youtu.be/1YLGk6gEqGg</a>	<ul style="list-style-type: none"> <li>• Stand tall with your feet shoulders width apart holding a kettlebell at chest height</li> <li>• Move the KB around your head in a circular motion</li> <li>• Keep the KB as close to your head and as low as possible</li> <li>• Keep your core muscles engaged to hold your body still</li> </ul>
Burpees	<a href="https://youtu.be/Kvnn0nOIY44">https://youtu.be/Kvnn0nOIY44</a>	<ul style="list-style-type: none"> <li>• With your feet together squat down and put your hands on the floor just infant of your feet</li> <li>• Jump both feet back so that you land in a plank position with your hands and toes on the floor</li> <li>• Jump your feet back in and then jump up reaching your hands up high</li> </ul>

V-Sit Hold

<https://youtu.be/LFmOpvND4OU>

- Sit on the floor with your back straight and knees together with bent legs
- Keep a straight back tip back and lift your feet off the floor
- Engage your abdominals to keep your balance