

FUNDAMENTALS

FASHENIC
STYLE

kettlebell



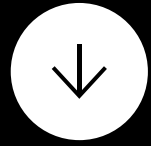


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01



A Brief History of the Kettlebell

Few training tools have stood the test of time like the kettlebell. Essentially a weight with a handle on top, its design dates back to ancient Greece. Today, however, Russia is widely recognized as the birthplace of the modern kettlebell.

In Russia, kettlebells were originally used as counterweights to measure grain at markets, based on the unit “Pood,” roughly 16 kg—a standard still used in kettlebell sports. The word “Girya,” meaning Handle Bell or Kettlebell in Russian, appeared in the Russian Dictionary in 1704. Athletes who specialize in kettlebell lifting are still called “Gireviks.”

By the late 19th century, Russian sports science actively promoted kettlebell training to boost athletic fitness, establishing Russia as the foundation of modern kettlebell sport.





What is kettlebell sport?

The rules of the classic kettlebell sport are fairly simple. Each participant is given a set amount of time to complete as many repetitions of each of the three disciplines as possible. Traditionally, the time limit was ten minutes, however, there are events with various time limits. If the kettlebell touches the ground, the set is over. If the athlete is using a single bell, only one arm switch is permitted during the set.

- 1. Biathlon:** The athlete performs one 10-minute set of Snatches and one 10-minute set of Jerks. Each repetition has a point value and the points of the two sets are combined for the competition score.
- 2. Long-Cycle:** The athlete performs one 10-minute set of Clean and Jerks where each repetition counts as one point.
- 3. Snatch:** One 10-minute set of Snatches is performed with each repetition counting as one point.

Few training tools have stood the test of time like the kettlebell. Essentially a weight with a handle on top, its design dates back to ancient Greece. Today, however, Russia is widely recognized as the birthplace of the modern kettlebell.

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While the kettlebell's origins seem to be diverse and complex, there are typically three ways kettlebells are implemented in the athletic realm:

- 1.** As a strength training system
- 2.** As a competitive sport
- 3.** As a widespread and highly functional fitness tool for the general population

The benefits of kettlebell training are now used by people of all walks of life, from special forces members to rehab patients. By picking up your (maybe first?) kettlebell, you've become part of that ever-growing group of kettlebell athletes.

02



Benefits of Kettlebell Training

Apart from their complex history, what else makes kettlebells special? Essentially, the secret lies in their form. The fact that they are shaped like a cannonball with a handle has a couple of biomechanical consequences:

1. The weight's center of your mass is a very important place. It is located outside the hand that is carrying it. This makes it harder to stabilize, especially for the core, forearm muscles, and depending on the movement, the shoulder. The handle allows the athlete to swing the weight, making the kettlebell a unique tool for ballistic exercises, i.e., exercises where the weight is rapidly accelerated and decelerated.

These qualities make the kettlebell a highly versatile tool for developing strength, power, muscular endurance, cardio, and even flexibility through a variety of full-body exercises.

As with any training equipment, prioritize the quality of your kettlebell movements first, maintaining proper form throughout higher repetitions or sets. Once you can maintain this quality, progress to a heavier kettlebell and repeat the process. This follows the principle of progressive overload, a key training concept to ensure continual progress.



Limitations of Kettlebell Training

The kettlebell's design also comes with some drawbacks: its stabilization demands and the large weight increments make progressing by simply using heavier bells more challenging.

Kettlebells are traditionally increased in 4 kg increments, making it harder to move to a higher weight compared to barbells or dumbbells. While some kettlebells offer smaller increments, most programs are designed around a limited range of weights.

For instance, you might be able to lift a particular kettlebell with your legs but struggle to stabilize it with your arms. This means you'll need to build up your reps, sets, or exercise variations before moving on to a heavier kettlebell.

If your focus is purely on lifting heavier and heavier weight, like in powerlifting, you might eventually turn to heavy dumbbells—and ultimately a barbell, since their maximum weight is nearly limitless. However, if your goal is a balanced combination of power, endurance, and flexibility, the kettlebell can stay an essential part of your training indefinitely.



Using Kettlebells to Reach Your Fitness Goals

There is a reason the kettlebell wave has swept across the globe: It is a versatile training tool that can be used to attain many different fitness goals.

Losing weight

Traditionally, running and other classic cardio exercises were recommended for weight loss. However, we now know that high-intensity workouts can achieve similar results in less time. Maintaining or even building muscle while consuming fewer calories offers clear health benefits if your goal is to lose fat. The kettlebell will help you to do both:

muscles at the same time as you burn a lot of energy. How? By using them for circuit or HIIT style workouts.

Most traditional kettlebell exercises engage many muscles simultaneously, and by moving more weight more often (or faster), you will progressively increase your energy expenditure. Of course, this is best supported through a healthy diet and an overall athletic lifestyle.

04 Using Kettlebells to Reach Your Fitness Goals

Gaining strength

Kettlebells have been used for some very impressive feats of strength. They are a great tool to build strength in every muscle group and direction. They allow for a lot of freedom of movement, especially overhead (historically, the overhead press was a traditional show of strength before the advent of bench pressing).

Because both arms are moved independently from one another, you will always have to stabilize them during any kettlebell exercise. You will also build a lot of grip and core strength, especially when using ballistic movements such as the Kettlebell Swing. Want to become functionally strong? The kettlebell is here for you.

Building muscle

While the kettlebell is mostly known for its benefits for strength and cardiovascular fitness, it can also help you build muscle.

Kettlebells really shine when it comes to loading compound exercises: By pressing one or two bells overhead, deadlifting, cleaning, rowing, and squatting them, you can develop a well-rounded muscular physique. Kettlebells will allow you to build your legs, shoulders, core, and even the muscles of your forearms through a wide array of full-body exercises. Kettlebells also allow you to do most of the famous bodybuilding isolation exercises like the Biceps Curl and Triceps Extension.



Staying fit

Consistency is key to staying fit and healthy over the long term. Kettlebells offer the same freedom of movement as dumbbells, but more importantly, they can be fun. With just one piece of equipment, you can add many variations to your workouts.

There are countless ways to swing, squat, press, and row a kettlebell without setting it down. The endless possibilities to combine exercises make kettlebell training engaging and highly coordinative. While beginners may find the learning curve slightly steeper than with dumbbells, kettlebells allow you to burn a lot of energy while building strength and improving coordination.



Working Out with Kettlebells: The Basics

Safety

To make sure you get the most out of your kettlebell training, it is important to follow certain precautions while using them.

First and foremost, always prioritize movement quality before quantity. Be mindful of the way you move while you are under load. Especially during ballistic exercises such as the Kettlebell Swing because there can be quite a bit of kinetic energy at work.

If you are unsure about the quality of your exercise execution, especially after increasing your weight or reps, don't hesitate to take a step back (i.e., reduce weight or reps again) and recheck your technique.

As with any weightlifting tool, make sure to pick it up in a safe and appropriate manner by

Always use proper form. Avoid bending or straightening your spine while moving a kettlebell.

Use a hinging motion from your hips and knees, bracing your core when picking up or putting down the kettlebell. This applies whether performing lower-body exercises or racking the bell for upper-body movements, helping keep your back strong and healthy.

Finally, when taking a break or using multiple kettlebells, place unused bells near a wall or another stable object to prevent tripping. Stay mindful of both your lifting technique and your training environment to ensure safety.

05 Working Out with
Kettlebells: The Basics

Setting up: How to rack a kettlebell

To get your kettlebell into the rack position, you can use either the Kettlebell Clean or a “cheat clean.”

The “cheat clean” is a Deadlift where you put both of your hands on top of each other and grasp the handle of the kettlebell. Using the momentum of standing up with the weight while your second hand helps you to pull the kettlebell on top of the forearm of your rack arm. Remove your second hand to finish the racking movement.

Once the kettlebell is up, use this list to ensure you’re in the rack position:

1. The elbow of the racking arm is resting on top of your ribcage.
2. Your wrist is straight and pointing toward your chin.
3. The kettlebell is comfortably resting in the area between the back of the forearm and upper arm.
4. The upper corner of the bell’s handle should rest in the fork between your index finger and thumb.
5. Keep your thumb close to your collarbone.



TIPS:

Stand straight with a “proud” and open chest.

Squeeze your glutes and keep your core braced to avoid any pressure on your spine.

To set the kettlebell back down from the rack position, simply reverse the motion and guide it back to the floor using a deadlifting motion from the hips.

How to grip a kettlebell

STANDARD ONE-HANDED GRIP

Keep a very very firm grip, but for some exercises like the Snatch, you will need to allow the bell to shift slightly in your hand. If you feel you are getting tired or losing your grip, change hands or take a break.



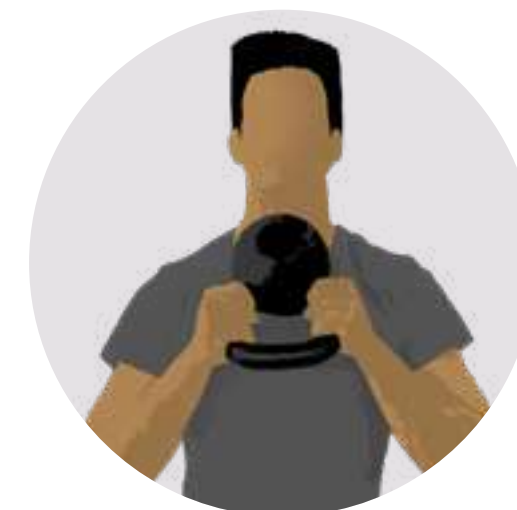
GOBLET GRIP

For exercises that require holding the kettlebell in a goblet grip, you can use any of these methods.

1. Holding the side handles with the bell facing down.
2. Holding the side handles with the bell facing up.
3. Holding the bell with the handle facing down. Some people find this more comfortable as there is less grip strength needed.



1.



2.



3.

06



Kettlebell Exercises



LOWER BODY

Goblet Squat

Using a kettlebell, you will be able to strengthen and develop your lower body while at the same time mobilizing your joints. Due to its unique form, holding the kettlebell in the goblet position will also train the strength of your core, fingers, and forearms. This will allow you to keep your body strong and mobile.

06 Kettlebell Exercises

HOW TO:

1. Hold on to the kettlebell using one of the goblet grips.
2. Keep your core tight and stand in a Squat position with your feet pointing slightly outward.
3. Squat down until your hips are at the same level or just below your knees.
4. Use the power of your legs to push back up to the starting position while keeping your heels in contact with the ground.



TIPS:

1. MKeep your chest lifted and move at the same speed as your hips to avoid leaning forward or backward.
2. Choose a grip and elbow position that lets you squat without your elbows touching your legs or interfering with your movement.

knees.

LOWER BODY

Goblet Lunge

Lunges are an excellent exercise for strengthening and mobilizing your lower body while in motion. The stepping pattern engages the stabilizing muscles of your hips, knees, and ankles simultaneously. Holding a kettlebell in front of your body also works your core and forearms at the same time.

HOW TO:

1. Hold on to the kettlebell using one of the goblet grips.
2. Keep your elbows tucked in close to the weight.
3. Use one of your legs to step forward into a lunging step.
4. Move down by bending your knees until your back knee touches the floor.
5. Push yourself back up to the standing position by pushing through your front foot.
6. Make sure to alternate legs.

**TIPS:**

1. Keep your front knee in line with your front foot to avoid letting your knee cave in during this movement.
2. Keep your core engaged to avoid leaning forward or backward during this exercise.

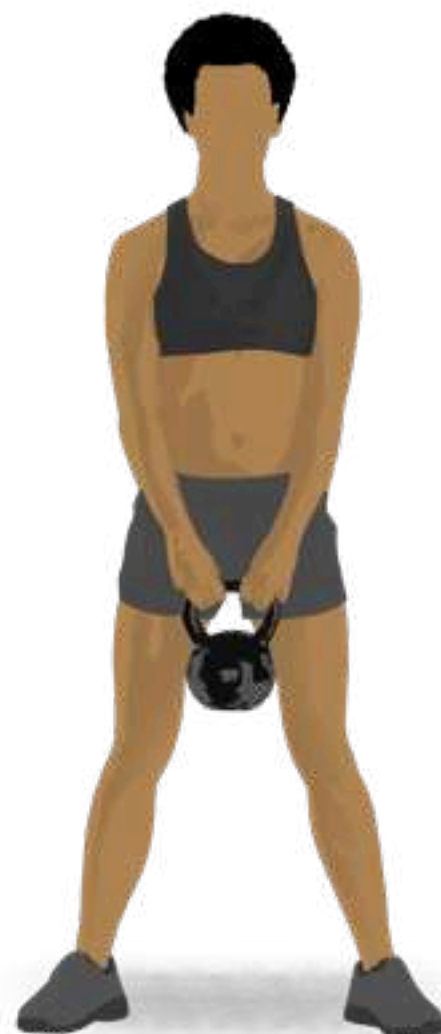


LOWER BODY

Kettlebell Sumo Deadlift

The Sumo Deadlift is a fundamental movement pattern to safely pick up weights off the floor. It will allow you to train the muscles of your back, legs, and even your forearms.

By using a wider stance (i.e., sumo stance), where your knees are pointing more to the side, you will reduce the strain on your lower back.



HOW TO:

1. Stand over your kettlebell with a wide stance, toes pointing outward.
2. Push your hips back and bend your knees to grip the kettlebell. Engage your core and pull your shoulders down away from your ears to stabilize your spine and shoulders.
3. Stand up, ensuring your hips and shoulders rise together. Lift the kettlebell until your back, hips, and knees are fully extended.
4. Squeeze your glutes and abs at the top to complete the full range of motion.

TIPS:

- 1a. If you're struggling to get into position, adjust your feet a bit wider.
2. Make sure that your knees follow the path of your toes.
3. Make sure to keep proper core tension to maintain a neutral spine.

LOWER BODY

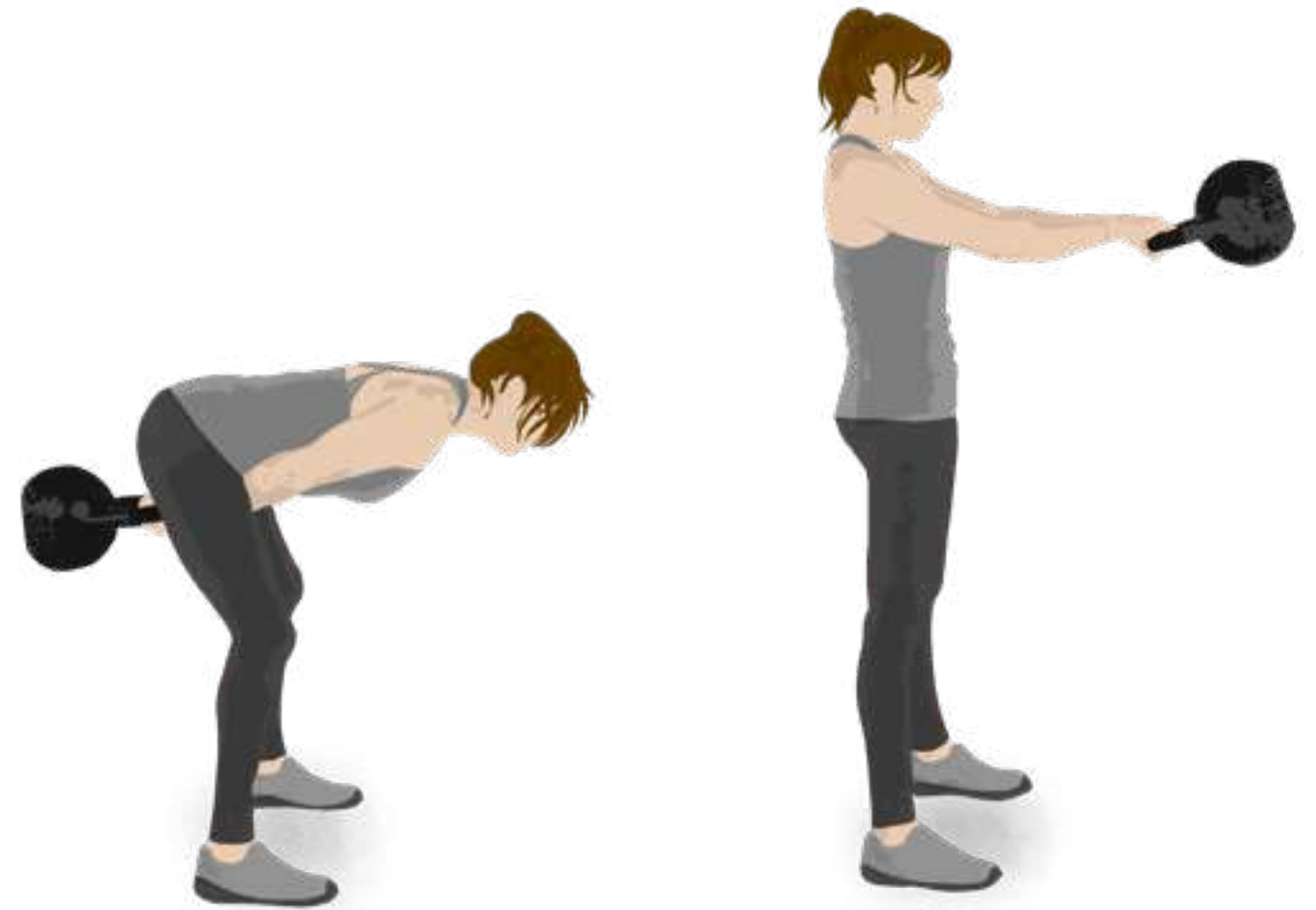
Kettlebell Swings

This exercise trains the power of your hips and legs while improving core and back stability. As a full-body extension movement, the Kettlebell Swing is excellent for the overall health of your back, spine, and shoulders.

When performed with proper form and tension, it's also ideal for conditioning and high-intensity interval training.

HOW TO:

1. Start with the kettlebell on the ground in front of you.
2. Bend down until you can reach your kettlebell with both hands.
3. Swing the kettlebell back between your legs.
4. Quickly and explosively straighten your hips as soon as your forearms touch your legs to propel the kettlebell forwards in an arc.
5. Extend your hips until your glutes are fully tightened and the bell floats briefly around your eye level.
6. Let the kettlebell fall until your forearms are nearly touching your legs before you push your hips back into the starting position.



TIPS:

1. Brace your core and pull your shoulders away from your ears to make sure that your back is protected.
2. This should be a hinging motion, so make sure to mostly bend at your hips.

LOWER BODY

Kettlebell Clean

The Kettlebell Clean can be used to rack the weight for exercises like the Kettlebell Shoulder Press or performed on its own to work your hips, arms, and core.

HOW TO:

1. Start with the kettlebell on the ground in front of you.
2. Bend down until you can reach your kettlebell with your working hand.
3. Swing the kettlebell back between your legs.
4. Quickly and explosively straighten your hips as soon as your forearm touches your leg to propel the kettlebell forwards in an arc.
5. Once the bell is at about hip height, keep the bell close to you by bending your arm, while at the same time keeping your elbow close to your body.
6. Quickly move underneath the kettlebell to catch it in the rack position.
7. Allow the kettlebell fall until your forearm is nearly touching your leg before you push your hips back into the starting position.





TIPS:

1. Straighten your non-working arm out to the side to help with balance.
2. If you find yourself pulling hard with the force of your arms, generate more momentum through the swing motion. If you feel the kettlebell falling too hard onto your forearm, use less force in your swing motion.
3. Allow your wrist to rotate slightly outward during the upward motion to comfortably receive the weight in the rack position.

UPPER BODY

Kettlebell Row

Rowing a kettlebell is an excellent way to strengthen and build your back, shoulders, and biceps. The kettlebell's unrestricted movement makes it ideal for improving back and shoulder health. Performing the exercise bent over through a full range of motion also engages and strengthens your lower back.

HOW TO:

1. Adopt a staggered stance so that the foot on your working arm is positioned slightly behind.
2. Bend down at the hips while stabilizing yourself with your opposite hand on your opposite knee.
3. Brace your core and keep your back stable.
4. Pick up the kettlebell with your working hand.
5. Row the kettlebell up until your hand touches your chest.
6. Slowly lower the weight until your arm is straight again and the bottom of the kettlebell touches the floor.

TIPS:

1. Move your elbow up in a straight line by imagining you want to touch your elbow to the ceiling.
2. Pull the kettlebell explosively on the way up but lower it in a slow and controlled manner on the way down.



Kettlebell Shoulder Press

The Shoulder Press is an excellent exercise for building your shoulders, triceps, and upper trapezius. The kettlebell's freedom of movement makes it a great tool for improving shoulder health and stability.



HOW TO:

1. Start with the kettlebell in the rack position.
2. Now do not be shy to flex your muscles of your glutes and quads.
3. Press the kettlebell towards the ceiling.
4. Let the kettlebell rotate freely while pressing it up so that it is parallel to your shoulders in the overhead position.
5. Make sure to fully straighten your arm before slowly bringing the kettlebell back to the rack position.

TIP:

Hold your opposite arm out to the side for balance.

LOWER BODY

Kettlebell Push Jerk

This is an explosive exercise that combines lower- and upper-body strength while enhancing coordination and stability.

HOW TO:

1. Start with the kettlebell in the rack position.
2. Slightly bend your knees into a quarter squat position.
3. Explosively straighten your legs to accelerate the weight.
4. Push the weight up and straighten your arm toward the sky.
5. Catch the kettlebell in an overhead position while slightly bending your legs into another quarter squat.



6. Stand up fully to complete the lift.
7. Bring the kettlebell back down to the rack position.

TIPS:

1. Use the momentum from your legs to initiate the movement of the kettlebell.
2. Once the kettlebell is moving upward, press it up with your arm.
3. Bend your knees again to help get your body in an optimal position under the kettlebell.

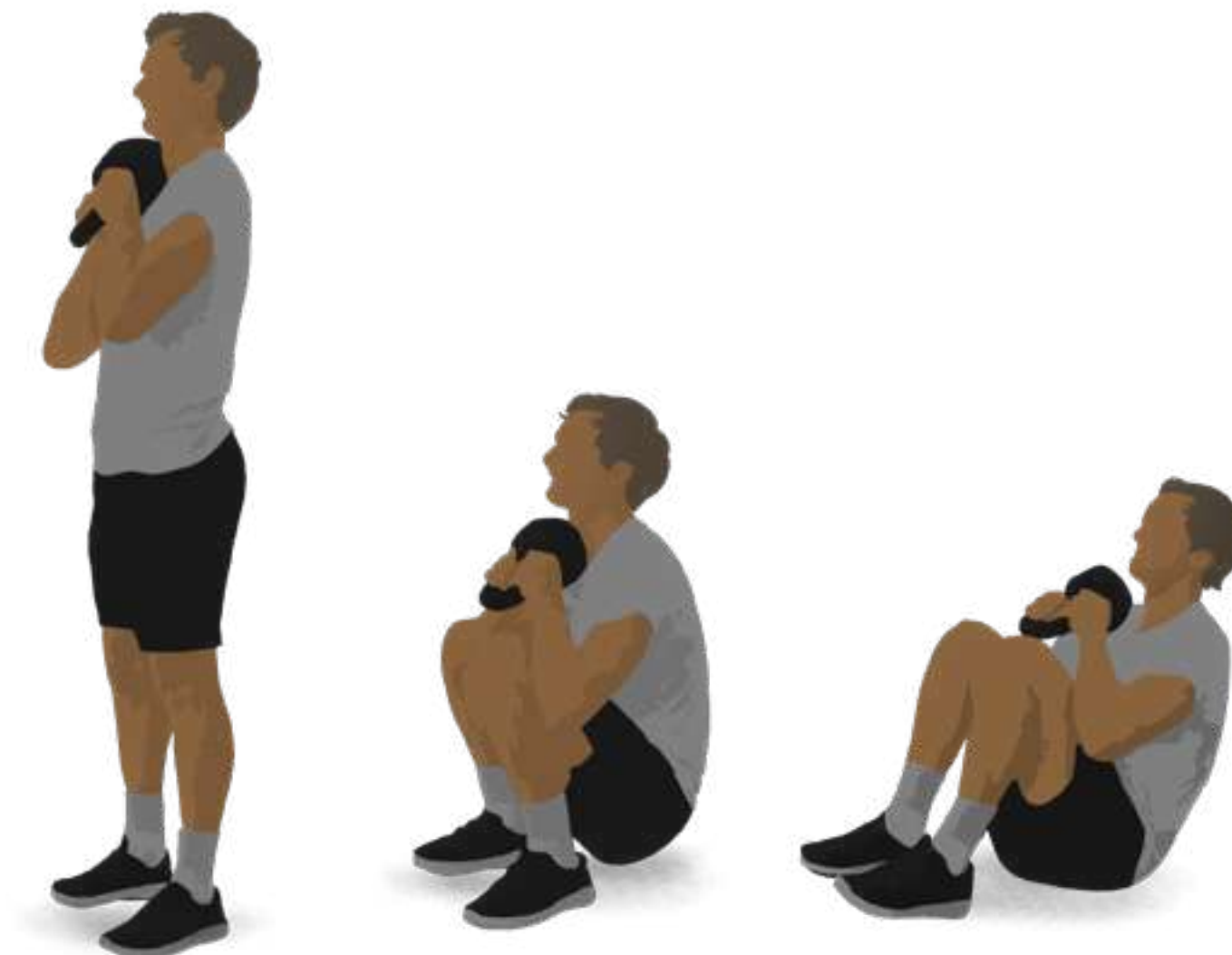
CORE

Deck Squat

This exercise is excellent for training your core, legs, and grip strength. Essentially, it's a Standup with a kettlebell, allowing you to progressively lift heavier weights.

HOW TO:

1. Hold a kettlebell using the goblet grip.
2. Keep your elbows tucked in close to the weight.
3. Go into a deep squat position and then allow yourself to roll back onto the mat.
4. Use the momentum of your sitting motion to rock back until your shoulders are touching the mat and your hips are off the floor.
5. Bring the kettlebell over your head to touch the floor behind you.
6. Reverse the rocking motion to generate momentum and stand fully upright to complete your rep.



06 Kettlebell Exercises

TIPS:

1. Bring your knees toward your body as you rock in both directions.
2. Use the kettlebell to help initiate the forward movement to stand.
If standing up is difficult,
3. extend the kettlebell out in front of you for assistance



CORE

Windmill

This exercise mobilizes your back, shoulders, and hamstrings while also strengthening your core and improving shoulder stability.



HOW TO:

1. Bring the kettlebell to an overhead position either by cleaning and pressing or snatching it.
2. Stand with your feet wider than shoulder-width apart.
3. Slightly shift your hips toward the side that is holding the kettlebell.
4. Move your non-working arm down your other leg while always looking at the kettlebell.
5. Move down as far as you can while safely stabilizing the weight until you feel a slight stretch in your hamstring.
6. To complete the rep, simply reverse the movement until you are standing straight again.

TIPS:

1. Your weight should be mostly on the leg that is supporting your hip.
2. Keep your back straight throughout the movement.
3. Strive to keep both legs straight throughout the movement, however, you can bend your knees slightly as you reach down if needed.

CORE

Turkish Get Up

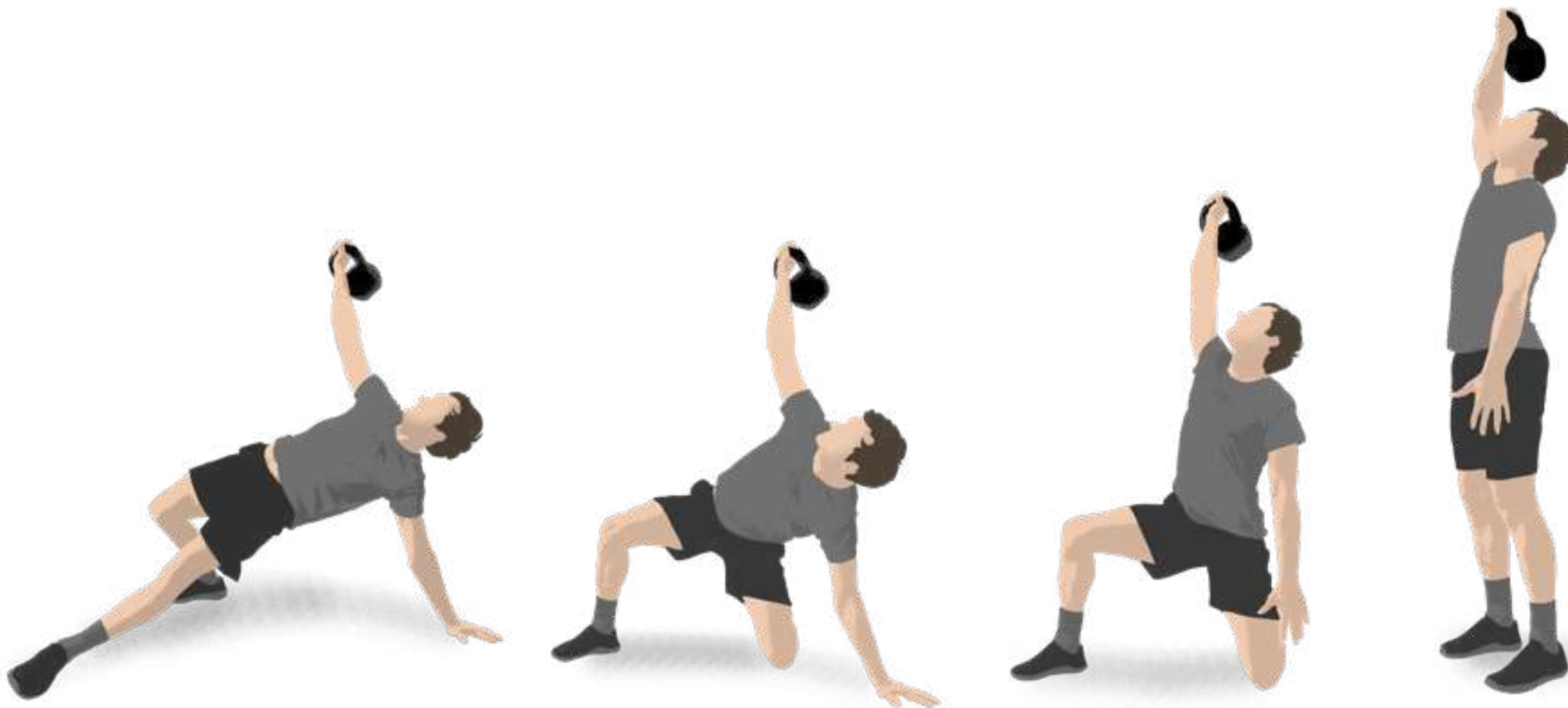
The Turkish Get-Up trains core stability from the floor to standing while simultaneously building strong, stable shoulders.

HOW TO:

1. Start by lying down on your back with the working arm holding the kettlebell straight above you. The leg of the same side is bent with the foot flat on the floor while the opposite leg is straight and resting on the floor. The non-working arm is flat on the floor at a 45-degree angle to your body.

2. Press with the elbow of your non-working arm so that your shoulders come off the floor.
3. Press with the hand of your non-working arm so that your elbow is off the floor.





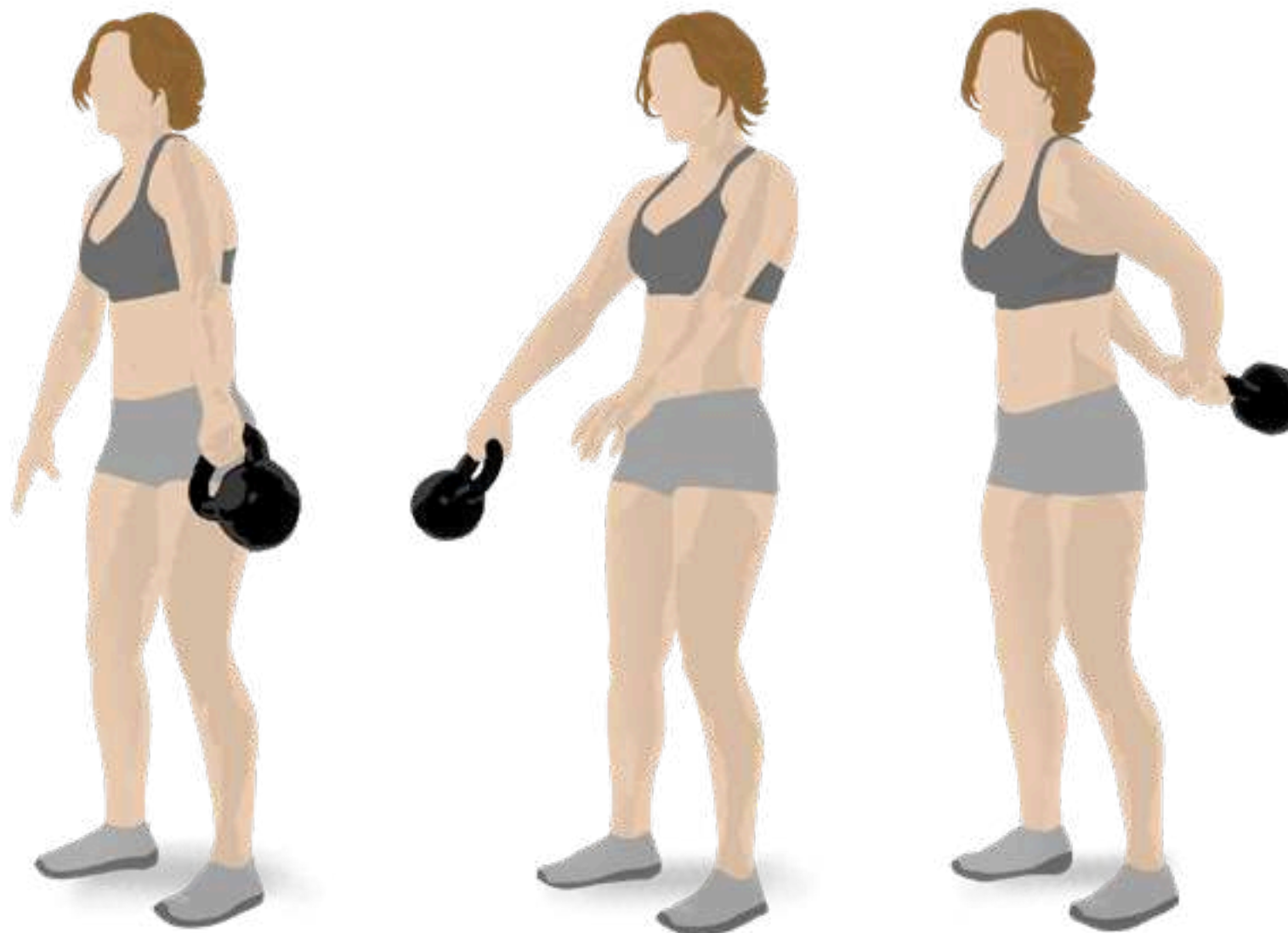
4. Lift your hips as high as possible.
5. Bring your straight leg back and under your body into a kneeling position. Shift your torso weight from your supporting arm to
6. achieve an upright kneeling stance. Stand up and bring both feet together.
7. Reverse these steps to return to the starting position and complete
8. the repetition.

TIPS:

1. Ensure that the kettlebell stays vertical above your shoulder while moving by keeping your eyes fixed on it.
2. It can be helpful to slightly pause at each of the different stages. Do not rush through the steps of this exercise.

Around the World

This dynamic core exercise challenges your muscles to resist the swinging kettlebell as it moves around your body. Your core and shoulder muscles respond to the bell's momentum, improving overall stability in your core and upper body.



HOW TO:

1. Start with the kettlebell in both of your hands in front of you and your arms fully extended.
2. Let go with one hand and swing the kettlebell around your back in a controlled manner.
3. Move the kettlebell around your body in a continuous movement by passing it from one hand to the other, both in front and behind you.
4. To finish the set, bring the kettlebell to a halt in front of you, using both of your hands.

TIP:

Keep the momentum going and do not stop until you are ready to end the set.

Kettlebell Clean and Jerk

The Clean and Jerk consists of multiple explosive movements, which will allow you to move even heavier kettlebells over your head. This will train the power of your legs as well as the stability of your upper body. It is also a great way to improve the coordination between your upper and lower limbs.

HOW TO DO:

1. Start with the kettlebell on the ground in front of you.
2. Bend down until you can reach your kettlebell with your working hand.
3. Swing the kettlebell back between your legs.
4. Quickly and explosively straighten your hips as soon as your forearm touches your leg to propel the kettlebell forward in an arc.
5. Once the kettlebell is at about hip height, keep the bell close to you by bending your arm, while at the same time keeping your elbow close to your body.





6. Quickly move underneath the kettlebell to catch it in the rack position.
7. Bend your knees slightly, then explosively straighten your legs to accelerate the weight.
8. Push the weight up and straighten your arm toward the sky.
9. Catch the kettlebell in an overhead position while slightly bending your legs into another quarter squat.
10. Stand up fully to complete the lift.
11. Bring the kettlebell back down to the rack position, then let it swing between your legs to start the next repetition.

TIPS:

1. Keep your non-working arm straight out to the side to help with balance.
2. Allow your wrist to rotate slightly outward during the upward motion to comfortably receive the weight in the rack position.
3. Use the momentum from your legs to initiate the movement of the kettlebell before pressing up with your arm.

FULL BODY

Kettlebell Snatch

The Snatch is a dynamic full-body exercise, engaging both your lower and upper body in an explosive movement. Essentially, it's a powerful swing that extends above your head.

This exercise enhances leg power and upper-body stability, particularly in the shoulders. It's also an excellent way to improve coordination between your upper and lower limbs.



HOW TO:

1. Start with the kettlebell on the ground in front of you.
2. Bend down until you can reach the kettlebell with your working hand.
3. Swing the kettlebell back between your legs.
4. Quickly and explosively straighten your hips as soon as your forearm touches your leg to propel the kettlebell forward in an arc.
5. Once the bell is at about hip height, maintain the upward momentum of the kettlebell by shrugging your shoulder.
6. Keep the bell close to you by slightly bending your arm, while at the same time bringing the elbow high.
7. Catch the kettlebell in an overhead position while slightly bending your legs.
8. Stand up straight to complete the repetition.
9. Swing the kettlebell back down between your legs to initiate the next repetition.



TIPS:

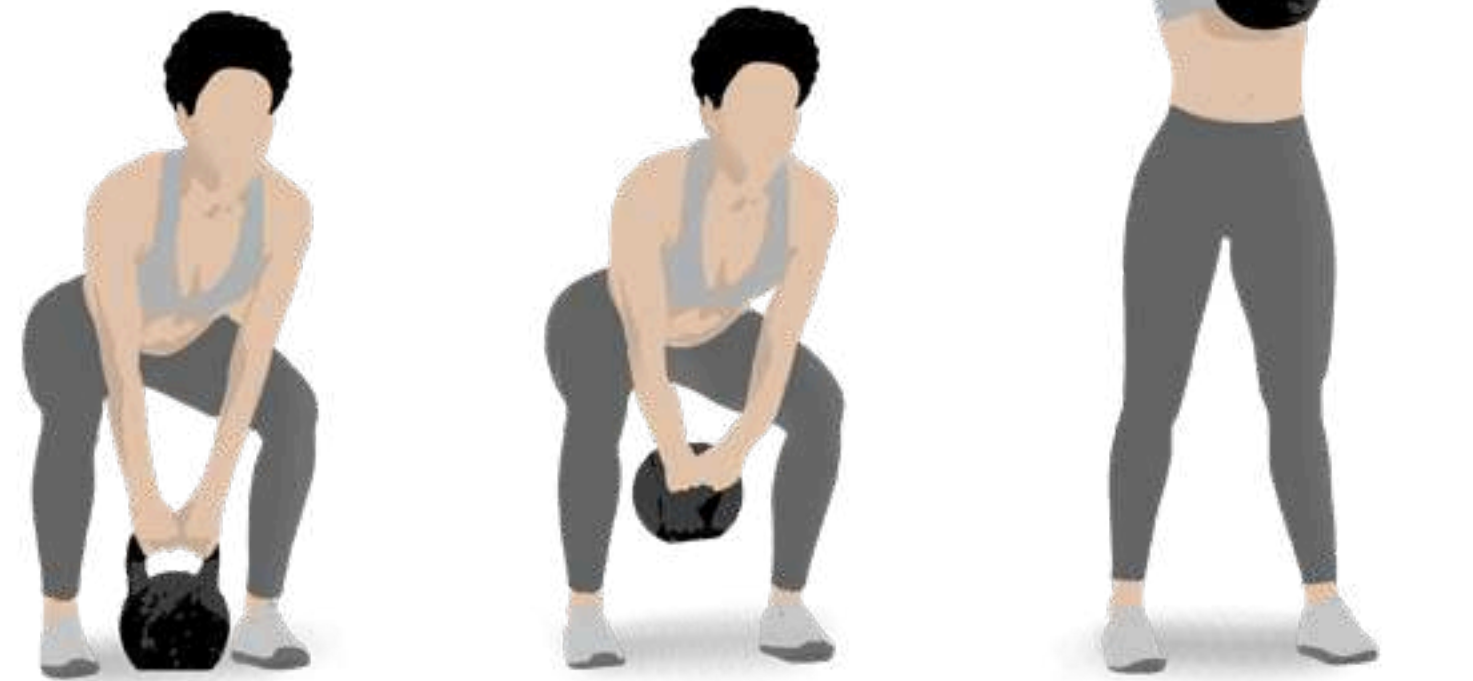
1. Keep the arm slightly bent during the upward movement and extend the arm only once the bell is above your head. Your palm should be facing inward
2. during the lower position, and outward in the overhead position.
3. Imagine punching through the kettlebell as you catch it in the overhead position to keep it from striking the back of your forearm.

Kettlebell Sumo Pulls

The Sumo Pull is a dynamic pulling exercise that blends leg power with upper-body pulling strength. It combines explosive force development with shoulder movement, offering an excellent full-body extension workout. This makes it a great choice for overall health and fitness.

HOW TO:

1. Stand over your kettlebell in a wide stance with your toes pointing slightly outward.
2. Push your hips back while at the same time bending your knees until you can grip the kettlebell.
3. Stabilize your spine and shoulders by engaging your core and pulling your shoulders down away from your ears.
4. Swing the kettlebell back between your legs.
5. Stand up while swinging the kettlebell explosively with your hips.
6. Pull the kettlebell up to your chest by bending the elbows.
7. Let the kettlebell fall until your forearms are nearly touching your legs before you push your hips back into the starting position.



TIPS:

1. Keep your back straight throughout the movement.
2. This should be more of a hinging motion, make sure to bend at your hips.
3. Once the weight is moving upward, pull the weight with your arms.

Adapting Exercises to the Kettlebell

The kettlebell is also a great augmentation to many other popular exercises:



1. Use it as a counterweight for your Shrimp Squats or Pistol Squats to help with balance.
2. Work towards Archer Pushups or One-Handed Pushups by using the kettlebell to balance one side and shift the focus to one arm.
3. Use a kettlebell to load your splits or Cossack Squats for a deeper stretch.

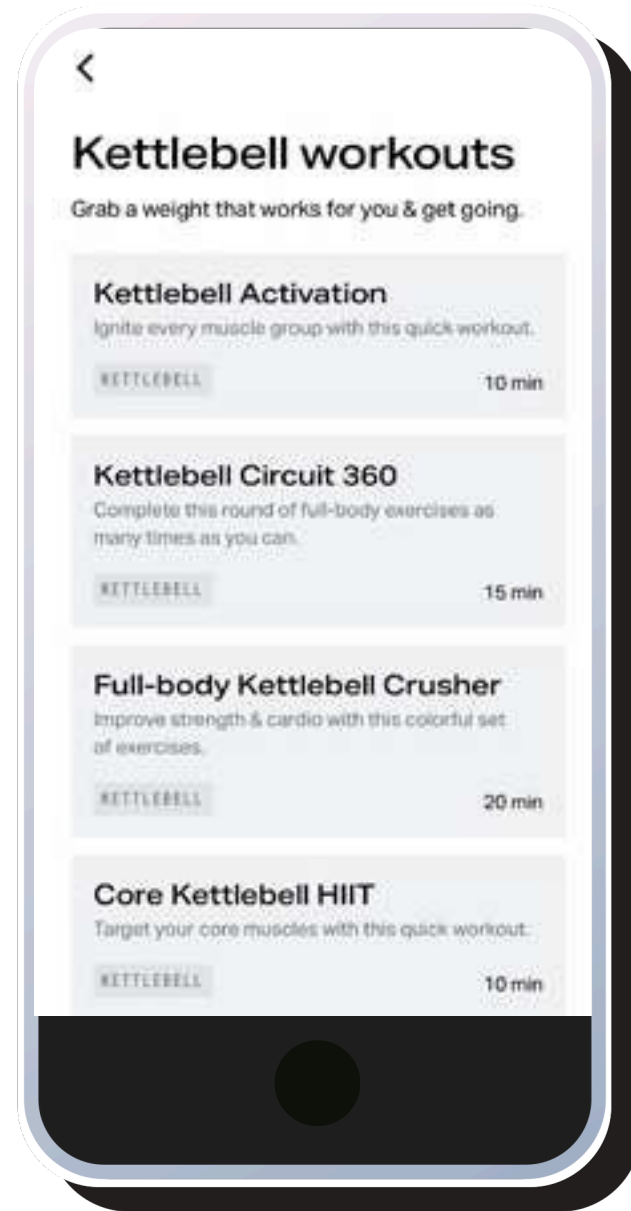


Make sure to use the kettlebell to augment your exercises in a way that allows you to get the most out of your training.



Challenge yourself

Ready to get your kettlebell and go up against the clock? Go to the Explore tab in the Fashenic App to find time-based workouts that require a kettlebell.



**FASHENIC
STYLE**

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