

Introduction to Kettlebells: Week 1 Reference Guide

At the Week 1 class, we learned the following:

- How to squat
- How to perform double-handed swings
- How to perform single-handed swings
- How to combine double and single-handed swings into sequences

Tips for Swinging Kettlebells

- Use proper squat form
 - Set feet just a bit wider than shoulder width apart
 - Keep a flat back
 - Feel your quads, hamstrings, and glutes engage
- Your power comes from your legs
- Don't try to muscle up the bell with your arms – use your hip snaps
- If the bell is swinging higher than your shoulders, use a heavier bell

Online Videos

- The Kettlebell Swing (<http://www.youtube.com/watch?v=HsvSXXtBEE>)
- Kettlebell Basics – Two Arm Kettlebell Swing (http://www.youtube.com/watch?v=6u_nqSnM2S8)
- Kettlebell Techniques – Swing and Hip Snap (<http://www.youtube.com/watch?v=1QhUANWIIOc>)

