



Performance
Physical Therapy

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Introduction to Kettlebells

“No, it’s not kettleBALL!”

Originally used in Russia as a measuring device...became popular as a strength tool for Russian military...currently used by United States Secret Service, military personnel, athletes, etc.

- **Benefits:**

- displaced center of mass requires increased stabilization
- recruitment of multiple muscle groups, multi-joint movements
- great for strength, coordination, endurance, proprioception
- good carry-over effect to other activities
- efficient, portable

Deadlift



Begin with KB resting on the floor. Place feet shoulder width apart on either side of the KB, heels lined up with the KB. Keep the back flat, bend through your hips and knees to lower yourself down and grab the handle with both hands. Maintain your flat back and press through both heels as you stand, the arms should be relaxed requiring the hips to be doing most of the work.

Sumo Deadlift High Pull (SDHP)



Same setup position as the regular deadlift except the feet are slightly wider than the shoulders. As you stand, again think about pressing through your heels and snap your hips forward while pulling your elbows towards the ceiling in order to propel the KB to chest height. Lower and repeat.



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Kettlebell Swing



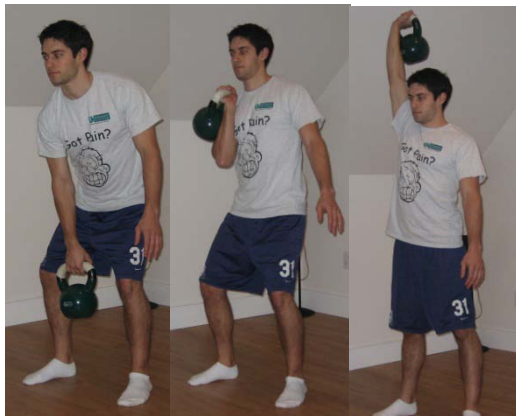
- **Phase I** (Two-handed deadlift)- same as above
- **Phase II:** (Rhythmic deadlift)- deadlift with increased tempo
- **Phase III:** (Half Swing)-
 - “hike the KB”
 - swing to waist level
 - relax arms and produce power through hips
- Phase IV:** (Full Swing)-
 - Russian to shoulder/eye level
 - “American/Crossfit swing” to overhead

Snatch



Similar to a one-handed swing with the KB caught in an overhead position. Lower to shoulder, drop b/w legs, swing, catch overhead, and develop rhythm. Keep KB on the most direct path overhead.

Clean & Jerk



Again, similar to a one-handed swing (direct path) with the KB caught against front of shoulder (Clean) With the KB resting against shoulder/upper arm, bend knees and drive KB overhead making sure it is lined up directly over your shoulder joint (Jerk).



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Figure-8

Begin with KB in right hand, bend hips/knees, maintain lordosis/flat back and pass KB between your legs to your left hand.
Use hips to power KB to mid-chest, tap bottom of bell with right hand, continue by bending hips/knees and passing KB b/w legs to the right hand.
Develop a rhythm.

Turkish Get-Up



- Phase I:** Begin lying on your back with KB supported perpendicular to the floor by your right arm. Left arm extended to your side. Left leg straight, right knee bent with foot resting on the floor. Keep your eye on the KB & actively push it toward ceiling (protract), use abdominals to 'roll' up onto your left elbow, followed by left hand.
- Phase II:** Keep your eye on the KB, placing all of your weight through your left arm and right leg; pull your left leg between your body and the floor placing your knee against the floor.
- Phase III:** Again, keep your eye on the KB. Stand straight up, thinking about placing your weight through your right heel as you stand.
- Phase IV:** Reverse those steps until you are resting in the start position. Switch hands and repeat on the opposite side.

Press



Rest KB at shoulder height. Without bending knees, press KB straight overhead so that it's ending position is directly over the shoulder joint.
Lower and repeat



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Bottoms-Up Press



Advanced version of the Press, requiring greater dynamic stability. Begin with KB resting against shoulder in 'bottom-up' position. Press KB overhead again ensuring that the ending position is directly over the shoulder joint. Can be performed in the standing or lying on your back.

Row



Position feet shoulder width apart, slight bend in knees, holding KB by the handle with one hand. Keeping abdominal muscles tight and low back straight pull your elbow toward the ceiling. Lower and repeat.

Renegade Row



Can be performed with one or two KB's. Assume a push-up position with one hand resting on the handle of the KB, perform a row. Perform multiple repetitions on one arm or alternate arms between reps.



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Anchor Raise



Another variation of the row. Begin in the starting position for a regular row, pull your elbow toward the ceiling however instead of lowering switch the KB to the opposite hand. Now perform a row with that hand and continue switching back and forth in this manner. Increase the tempo once you become comfortable with the movement.

Windmill



Begin with the KB in the overhead position. Keep an eye on the KB and your knees straight. Bend from the hips while keeping your back flat, reach your free hand downward until you reach the floor. Stand and repeat. Modify by lowering to a raised surface (ie a stool or step)

Reverse Windmill



Begin with the KB resting on the floor. Keeping the knees straight and the back flat, bend from the hips & reach downward to grasp the handle with one hand. Stand to upright, straight position. Lower KB back to the floor and repeat on the opposite side. Modify by resting KB on a raised surface.



Other Common Exercises:

- Around the Back:** Can be performed on two feet with knees slightly bent, perform 10-20 reps and then alternate directions. Challenge your balance by altering the surface you stand on or try just standing on one leg.
- Single Leg Deadlift:** Hold the KB by the handle with your right hand. Slightly bend the left knee. Bend from the waist, keeping your back flat and perform a “golfer’s pickup” by balancing on the left leg and reaching your right leg backwards.
- Front squat:** Begin with the KB supported by both hands, resting against your chest. Place feet roughly shoulder width apart. Maintain a flat back as you squat down, bending through your hips and knees.

Online Resources to Learn More!

- crossfit.com (exercises & demo’s section) – instructional videos
- tacticalathlete.com
- mikemahler.com
- dragondoor.com
- performancemenu.com (exercises & demo’s)- instructional videos

Research...?

- Most research to date has been done in Russia, articles difficult to locate/translate
 - o Opinion article from a PT who uses them with patients
(<http://www.dragondoor.com/articler/mode3/361/>)

Works well with the Tabata Protocol:

- choose an exercise, perform 20 seconds of ‘work’ (ie KB swings) followed by 10 seconds of rest (no activity) for 8 minutes
- can use a stopwatch or google tabata timer (iphone/ipod app)
- Tabata I, Nishimura K, et al. Effects of moderate-intensity endurance and high-intensity intermittent training on anaerobic capacity and VO2max. Med Sci Sports Exerc. 1996 Oct; 28(10): 1327-30.