

# Kettlebell WORKOUT GUIDE

DX-1052N



## WARNINGS & GUIDELINES

Carefully read and follow these important warnings and guidelines prior to exercising. These warnings, combined with a common sense approach to a fitness program designed in conjunction with your doctor, should reduce the likelihood of injury and increase your chances of success. Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper use of this product is essential. Please keep all children away from the equipment during use and when equipment is unattended. Always wear appropriate clothing, including athletic shoes when exercising. Do not wear loose clothing that could become caught during exercise. Periodic maintenance is required on all exercise equipment in order to keep it in good condition. Inspect any tubes, balls, etc. for cuts, tears or abrasions prior to each use. Maintain proper form and perform all exercises in a slow, controlled manner. Elbows, knees and shoulders should be unlocked and relaxed. Injury may result if proper form is not used for each exercise. Consult a certified personal trainer if unsure of how to perform any exercise. You should gradually increase the difficulty of your fitness routine, especially if you were not following a fitness regime prior to using this equipment. If you find that you are unable to complete a set of repetitions without feeling overly fatigued or without maintaining proper form, reduce the difficulty of your regimen.

### KETTLEBELL THROW

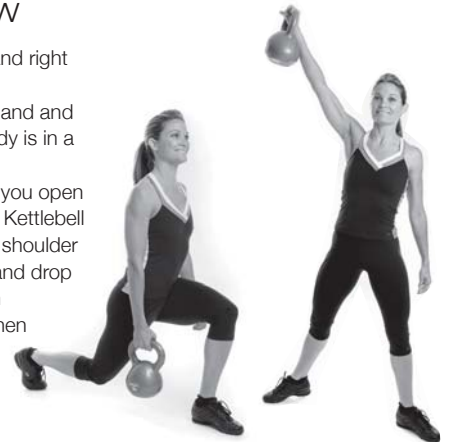
- Begin with feet wide, knees slightly bent, chest up
- Hold Kettlebell in center of body with elbows slightly bent. This is your starting position
- Keeping abs and low back tight, slowly bend at the waist and knees, bringing Kettlebell down between legs
- As you stand up, thrust hips and Kettlebell forward, straighten up and finish with Kettlebell overhead
- Come back to starting position and repeat



TOTAL BODY

### LUNGE AND ROW

- Place left foot forward and right leg back
- Hold Kettlebell in right hand and bend both knees so body is in a lunge position
- Straighten both legs as you open body to right and throw Kettlebell out to side and up over shoulder
- Slowly lower Kettlebell and drop back into lunge position
- Complete one full set, then switch to other side



TOTAL BODY

### BODY CIRCLES

- Stand up straight, feet hip width apart, knees slightly bent, chest lifted and abs tight
- Hold Kettlebell in front of body with elbows slightly bent
- Pass Kettlebell to right hand, rotate bell to right of body
- In back of body, pass ball from right to left hand. Continue circle, bringing ball around left side of body to front
- Pass bell from left to right hand in front of body and continue circle
- After several reps reverse rotation



ENTIRE CORE

### BOWLING BALL LUNGE

- Begin with feet hip width apart, stand up straight and hold Kettlebell in left hand
- Step forward with right foot into a lunge as you bring Kettlebell up across body to right shoulder
- Push off front foot back to standing position as you slowly lower Kettlebell
- Complete one full set, then switch and complete one full set on other side



TOTAL BODY

### HIP HINGE

- Stand up straight, hold Kettlebell in right hand and lift left knee to 90 degree angle
- Slowly bend forward at waist until back is flat, extending left leg behind you and allowing Kettlebell to hang toward floor
- Slowly stand back, up bring knee back to a bent position and Kettlebell to side of body
- Complete one full set, then switch and complete one full set on other side



TOTAL BODY

### ANGEL SQUAT

- Stand with feet wide, toes slightly to outside
- Keep chest up, abs tight and hold ball in center of body with elbows slightly bent
- Bend knees and lower hips toward ground into a squat position
- Press off right foot, lifting right foot off ground as you straighten legs and lean to left. At same time, lift Kettlebell overhead
- Slowly lower back into center squat position as you lower Kettlebell
- Alternate sides, repeat sequence, pushing off left foot and leaning to right



TOTAL BODY