

kettlebell workout joe wicks

The Power of Kettlebell Workouts with Joe Wicks: A Comprehensive Guide

kettlebell workout joe wicks has become a household name synonymous with accessible and effective fitness for millions worldwide. His energetic approach and clear instruction have demystified exercise, and his embrace of the kettlebell has further amplified its popularity. This guide delves deep into the world of Joe Wicks kettlebell workouts, exploring their benefits, effectiveness, and how you can incorporate them into your own fitness routine. We will examine the fundamental movements, the advantages of using kettlebells, sample workout structures, and essential tips for beginners and experienced users alike. Prepare to unlock a new level of strength, endurance, and fat burning with the power of kettlebell training inspired by Joe Wicks.

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Understanding the Appeal of Kettlebell Workouts

The kettlebell, a cast-iron ball with a handle, has a unique shape that lends itself to dynamic, compound movements. Unlike traditional dumbbells, the kettlebell's center of mass is extended beyond the handle, creating an offset weight that challenges your body in new ways. This characteristic engages more stabilizing muscles, leading to greater functional strength and improved coordination. The ballistic nature of many kettlebell exercises, such as swings and snatches, elevates the heart rate significantly, making them incredibly efficient for cardiovascular training and calorie expenditure.

Joe Wicks recognized the inherent effectiveness and versatility of the kettlebell early on. His ability to translate complex movements into simple, repeatable steps has made kettlebell training accessible to a broad audience. Whether you're a complete novice or an experienced gym-goer, Joe Wicks' guidance provides a clear pathway to mastering these powerful tools. His philosophy centers on consistency and making fitness enjoyable, which is perfectly embodied in his kettlebell routines.

The Benefits of Kettlebell Training with Joe

Wicks

The primary allure of incorporating kettlebell workouts into your fitness regimen, especially under the tutelage of Joe Wicks, lies in the comprehensive physiological benefits. These workouts are not just about building muscle; they are about forging a resilient, functional body capable of performing everyday tasks with greater ease and power. The unique design of the kettlebell facilitates movements that simultaneously work multiple muscle groups, leading to a more efficient and time-effective training session.

Enhanced Cardiovascular Fitness

Kettlebell exercises, particularly ballistic movements like the swing, are renowned for their ability to elevate your heart rate into the aerobic and anaerobic zones. This sustained cardiovascular challenge improves heart health, increases stamina, and boosts overall endurance. Joe Wicks often emphasizes the metabolic benefits of these routines, showcasing how they can effectively burn calories and improve your body's capacity to utilize oxygen during physical activity.

Increased Strength and Power

The offset weight of the kettlebell requires your body to work harder to control the movement, leading to significant gains in both muscular strength and explosive power. Compound exercises like the Turkish get-up and the clean and press engage your core, legs, back, and upper body simultaneously. This functional strength translates directly to everyday activities, making lifting, carrying, and moving feel easier.

Improved Core Stability and Balance

The dynamic nature of kettlebell movements inherently challenges your core muscles to stabilize your body throughout the exercise. Movements like the kettlebell swing and snatch require constant engagement of the abdominal and back muscles to maintain proper form and prevent injury. This leads to a stronger, more resilient core, which is the foundation for almost all physical movements and is crucial for preventing back pain.

Greater Calorie Burn and Fat Loss

Kettlebell workouts are incredibly efficient calorie-burning machines. The combination of strength training and high-intensity cardiovascular demand means you can burn a significant number of calories in a short period. Joe Wicks' routines are expertly designed to maximize this fat-burning potential, making them an excellent choice for individuals looking to shed excess weight.

and improve their body composition.

Versatility and Portability

One of the underrated advantages of kettlebells is their versatility. A single kettlebell can be used for a vast array of exercises targeting different muscle groups. Furthermore, their compact size makes them ideal for home workouts, eliminating the need for large, expensive gym equipment. This portability allows you to maintain your fitness routine wherever you go, a principle that aligns perfectly with Joe Wicks' mission to make fitness accessible to everyone.

Key Kettlebell Exercises for a Full-Body Workout

Mastering a few fundamental kettlebell exercises forms the bedrock of an effective Joe Wicks-inspired kettlebell workout. These movements, when performed with correct form, engage multiple muscle groups simultaneously, ensuring a comprehensive and efficient training session. Focus on learning the proper technique for each of these exercises to maximize benefits and minimize the risk of injury.

The Kettlebell Swing

The kettlebell swing is arguably the most iconic kettlebell exercise. It's a powerful, hip-hinge movement that primarily targets the glutes, hamstrings, and lower back, while also engaging the core and shoulders. The swing is a ballistic exercise, meaning it involves explosive hip extension rather than a traditional bicep curl or squat. It's crucial to hinge at the hips, keeping the back straight, and using the power of your glutes and hamstrings to drive the kettlebell forward, rather than lifting it with your arms.

The Goblet Squat

The goblet squat is a fantastic exercise for building lower body strength and improving mobility. Holding a single kettlebell close to your chest with both hands, you perform a squat. This front-loaded position encourages an upright torso and helps to deepen the squat by promoting better ankle and hip mobility. It effectively works the quadriceps, glutes, hamstrings, and core.

The Kettlebell Deadlift

The kettlebell deadlift is a fundamental movement that strengthens the posterior chain – the muscles along the back of your body, including the

hamstrings, glutes, and back muscles. With the kettlebell placed on the floor between your feet, hinge at your hips and bend your knees to grasp the handle. Keeping your back straight and chest up, drive through your heels to stand, lifting the kettlebell. This exercise is crucial for building foundational strength and improving posture.

The Kettlebell Clean

The kettlebell clean is a more technical movement that brings the kettlebell from the floor to the rack position (resting on the forearm, near the shoulder). It involves a powerful hip drive, similar to the swing, followed by a pull and a "catch" of the kettlebell. This exercise is excellent for building explosive power in the legs and hips, and it engages the entire body, including the back, shoulders, and arms.

The Kettlebell Press

The kettlebell press, whether performed from the rack position (clean and press) or from the floor, is an excellent exercise for developing shoulder strength and stability. It works the deltoids, triceps, and upper chest. A strict press requires maintaining a tight core and avoiding any "leverage" from the legs to push the kettlebell overhead.

The Turkish Get-Up

The Turkish get-up is a highly effective full-body exercise that combines strength, mobility, and coordination. It involves lying on the floor and rising to a standing position and then returning to the floor, all while keeping a kettlebell held overhead. This complex movement challenges the shoulders, core, hips, and legs and is a fantastic way to improve proprioception and build functional strength.

Sample Kettlebell Workout Routines Inspired by Joe Wicks

Joe Wicks is known for creating dynamic, time-efficient workouts that deliver maximum impact. His kettlebell routines often incorporate a blend of strength and cardio, designed to get your heart pumping and muscles working. These sample routines are designed to be adaptable based on your fitness level, utilizing foundational kettlebell movements.

Beginner Kettlebell Circuit

This routine is perfect for those new to kettlebell training. Focus on mastering the form of each exercise. Perform 8-10 repetitions of each exercise with a 30-60 second rest between exercises. Complete 2-3 rounds of the circuit, with a 1-2 minute rest between rounds.

- Kettlebell Deadlifts
- Kettlebell Goblet Squats
- Kettlebell Swings (focus on form, moderate weight)
- Kettlebell Romanian Deadlifts (focus on hamstring stretch)
- Plank (hold for 30-60 seconds)

Intermediate Full-Body Kettlebell Blast

This routine increases the intensity and complexity, suitable for those with some kettlebell experience. Aim for 10-12 repetitions of each exercise, with 20-45 seconds of rest between exercises. Complete 3-4 rounds of the circuit, with a 1-minute rest between rounds.

- Kettlebell Clean and Press (alternating arms)
- Kettlebell Goblet Squats
- Kettlebell Swings (increase weight or reps)
- Kettlebell Lunges (alternating legs)
- Kettlebell Renegade Rows (alternating arms, from plank position)
- Turkish Get-Ups (3-5 per side, focus on control)

Advanced Kettlebell EMOM (Every Minute On the Minute)

This is a high-intensity workout designed for experienced individuals. Choose a weight that allows you to complete the prescribed repetitions with good form within the given time. Perform the prescribed reps at the start of each minute, resting for the remainder of the minute. Complete for 15-20 minutes.

- Minute 1: 8 Kettlebell Swings

- Minute 2: 6 Kettlebell Clean and Press (per side)
- Minute 3: 10 Kettlebell Goblet Squats
- Minute 4: 4 Turkish Get-Ups (per side)

Remember to always warm up thoroughly before each workout and cool down afterward. Listen to your body and adjust the weight, repetitions, or rest periods as needed.

Getting Started with Joe Wicks Kettlebell Workouts

Embarking on your kettlebell journey with Joe Wicks' guidance is an exciting step towards enhanced fitness. His accessible teaching style makes it easier to overcome the initial intimidation factor that many associate with new equipment. The key to success lies in preparation, proper technique, and consistency. By following these guidelines, you can ensure a safe and effective start.

Choosing the Right Kettlebell Weight

Selecting the appropriate kettlebell weight is paramount for both safety and effectiveness. For beginners, it is often recommended to start with a lighter weight to focus on learning proper form and movement patterns. Joe Wicks typically advises women to start with a 4-8 kg (9-18 lb) kettlebell and men with an 8-12 kg (18-26 lb) kettlebell. As your strength and technique improve, you can gradually increase the weight. It's better to start too light and perfect your form than to start too heavy and risk injury or develop bad habits.

Focusing on Proper Form

The effectiveness of any kettlebell workout hinges on correct form. Incorrect technique not only reduces the benefits of the exercise but can also lead to injuries. Joe Wicks consistently emphasizes the importance of watching demonstration videos and practicing movements slowly and deliberately, especially when first learning. Prioritize quality over quantity. If you are unsure about your form, consider seeking guidance from a certified personal trainer or watching detailed instructional videos from Joe Wicks himself.

Consistency is Key

Like any fitness program, consistency is crucial for seeing results with

kettlebell workouts. Aim to incorporate kettlebell training into your routine 2-4 times per week, allowing for rest days in between to allow your muscles to recover and rebuild. Joe Wicks' philosophy often revolves around making fitness a sustainable habit, rather than a short-term, intense push. Even shorter, more frequent sessions can be more beneficial than infrequent, long workouts.

Progression and Adaptation

As you become more comfortable and proficient with the basic kettlebell exercises, it's important to challenge yourself to continue progressing. This can be achieved by gradually increasing the weight of your kettlebell, increasing the number of repetitions or sets, decreasing rest times, or introducing more complex exercises. Joe Wicks' content often provides options for scaling exercises up or down, allowing you to adapt the workouts to your current fitness level and continue to make progress.

Listen to Your Body

This is a golden rule in any fitness endeavor. Pay attention to how your body feels. If you experience sharp pain, stop the exercise immediately. Muscle soreness after a workout is normal, but persistent or intense pain is a warning sign. Ensure you are getting adequate rest, nutrition, and hydration to support your training and recovery. Joe Wicks' positive and encouraging approach always reminds individuals to be mindful of their bodies' signals.

Frequently Asked Questions about Kettlebell Workout Joe Wicks

Q: What are the main benefits of a kettlebell workout Joe Wicks style?

A: Kettlebell workouts with Joe Wicks offer a comprehensive approach to fitness, combining strength training, cardiovascular conditioning, and improved mobility. They are highly effective for burning calories, building functional strength, enhancing core stability, and increasing power output in a time-efficient manner. Joe Wicks' approach makes these benefits accessible to a wide range of fitness levels.

Q: How heavy should my kettlebell be for a Joe Wicks workout?

A: For beginners, Joe Wicks typically recommends women start with a 4-8 kg (9-18 lb) kettlebell and men with an 8-12 kg (18-26 lb) kettlebell. The ideal

weight allows you to perform exercises with good form for the prescribed repetitions without straining. It's always better to start lighter and master the technique.

Q: Are Joe Wicks kettlebell workouts suitable for absolute beginners?

A: Yes, Joe Wicks' kettlebell workouts are very suitable for absolute beginners. He is renowned for his clear, step-by-step instructions and his ability to break down complex movements into manageable steps. Many of his routines are designed with modifications for beginners to ensure safety and gradual progression.

Q: How often should I do a kettlebell workout Joe Wicks recommends?

A: Consistency is key. For optimal results, Joe Wicks generally advises incorporating kettlebell workouts 2-4 times per week, allowing for rest days in between sessions. This frequency helps to build strength and endurance while allowing adequate recovery time for muscle repair and growth.

Q: What are some of the most common kettlebell exercises Joe Wicks uses?

A: Joe Wicks frequently features fundamental kettlebell exercises like the kettlebell swing, goblet squat, deadlift, clean, press, and Turkish get-up. These compound movements work multiple muscle groups simultaneously and are the building blocks of effective kettlebell training.

Q: Can kettlebell workouts help with fat loss according to Joe Wicks?

A: Absolutely. Joe Wicks heavily emphasizes the fat-burning potential of kettlebell workouts. The combination of high-intensity movements and strength building leads to a significant calorie expenditure both during and after the workout, making them an excellent tool for weight management and fat loss.

Q: Do I need a lot of space for a Joe Wicks kettlebell workout at home?

A: No, you do not need a vast amount of space for a Joe Wicks kettlebell workout at home. Most of the core exercises, such as swings and squats, require only a few feet of clear space around you. The portability and compact nature of kettlebells make them ideal for home fitness.

Q: What if I can't perform a specific kettlebell exercise perfectly?

A: If you can't perform an exercise perfectly, focus on the variations or regressions that Joe Wicks often provides. It's important to prioritize proper form over the full range of motion or complexity of the movement. Gradually work towards the advanced version as your strength and coordination improve.

Kettlebell Workout Joe Wicks

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kettlebell workout joe wicks: *No Dream Impossible* Nigel May, 2025-09-04 Willkommen, bienvenue and welcome! It's time for the newly launched musical celebration that is the Eurowide Song Contest, debuting in the unglamorous city of Ermpit in Rottimoldovia at Europe's most easterly tip. It's like Eurovision, but it's not... Lifelong fanatic and walking Eurovision encyclopaedia, Jemma La Vie is the UK's first ever buoyant Eurowide hope. Plucked from obscurity, her childhood dreams of taking part in a national song contest have come true as she finds herself standing centre stage, with the hopes of her nation on her proud shoulders. But in the week leading up to the final, a sinister set of events sees contestants dropping down dead before a single vote has even been cast. There's something shady going on and it seems it's not just a few dodgy notes onstage being murdered. Will Jemma actually survive to fly the UK flag at Eurowide on final night or meet her Waterloo? And if she does survive, will there be a douze points in sight? *No Dream Impossible* by Nigel May is a fun, camp and murderously saucy whodunnit story based loosely on the greatest telly show on earth. But this isn't Eurovision - this is Eurowide. A must for hardcore Eurofans - dive on in - there's enough celebrities and classic Eurovision mentions to keep even the most obsessive of songfest aficionados squealing. It's a glittery tongue-in-cheek world of dazzling divas, dodgy dance routines and deathly dealings. With added Russian grannies and hamster wheel too, of course...some things will never change, whatever the contest.

kettlebell workout joe wicks: Kettlebell Exercise Encyclopedia VOL. 4 Taco Fleur, 2019-08-16 The definite kettlebell exercise encyclopedia with kettlebell exercises and variations. Over 150 pages filled with photos of kettlebell exercise, basic descriptions, and links to bonus videos. Kettlebell training is a form of resistance training with the kettlebell. This encyclopedia and its volumes cover all kettlebell exercises with photos, descriptions, and some having step-by-step instructions. The information in this book will allow you to pick kettlebell exercises and create your own kettlebell workout and/or verify that you're doing the exercises you're already doing, correctly. This volume covers kettlebell squat, swing, and windmill exercise variations. Each subject has just enough information to keep it basic and understandable. Kettlebell Squat The squat is a movement in which three joints flex, namely the ankle, knee, and hip joints. During the movement, the objective is to get the hips as low to the ground as possible while keeping the shoulders as high as possible. The squat can be performed in with the kettlebell(s) overhead, racked, or dead, however, when dead, it will be moved to the category of a lift. Kettlebell Swing A swing takes place when an object

moves back and forth or from side to side while suspended. The swing is the foundation for many other exercises, such as the clean and snatch. The swing can be actioned as a pull or pendulum. The most common variation outside of the sport world is the pulling version whereas in the sport world it's the opposite and the pendulum is common. Kettlebell Snatch A snatch is a movement in which the kettlebell rapidly raised from a lower position—always below the hips—to above the head in one continuous smooth explosive movement. An example of a few common start positions are dead, hanging, and swinging.

kettlebell workout joe wicks: Kettlebell Training for Beginners Whit McClendon, 2018-11-13 If you've wanted to train with kettlebells but don't know how to start, then you need this book! Learn how to use the kettlebell safely and efficiently so that you can get in shape fast! Train in the privacy of your own home without having to make space for a ton of equipment, and learn how to use the kettlebell to get the results you want. If you've never touched a kettlebell before and want to learn the RIGHT way to use them, this book is for you. Simple and easy instructions for you to follow! Clear, sequential pictures of each exercise! Exclusive links to video demonstrations! Short, efficient workouts that really get results! A perfect resource for beginners! Get stronger, fitter, and healthier without spending hours in the gym! This is the third book in the Jade Mountain Workout Series, and gives you a thorough explanation of the fundamental kettlebell exercises and detailed instructions on how to do them correctly and safely. In addition, you'll find easy-to-follow workouts that can help you lose weight and gain strength without ever setting foot in a gym. Included are links to videos demonstrating the movements: it's like you have your own personal trainer! Grab this book & a kettlebell and you're on your way to improved strength & endurance! Many books out there are either too complicated for beginners or don't provide enough information to teach kettlebell techniques properly and safely. This book demonstrates the most fundamental kettlebell exercises, and is perfect for folks who have never lifted a kettlebell before. You won't be overwhelmed with information, and you'll be armed with exactly what you need to get started right away! Don't wait another second, just open this book and get strong, fit, and confident!

kettlebell workout joe wicks: Kettlebell PROFESSOR OF RELIGIOUS STUDIES JOHN. POWERS, John Powers, 2017-04-10 Are you tired of paying way too much for a gym membership without getting results? Discover a simple, low-cost alternative to help you lose weight, build muscle, and hit all of your fitness goals. Are you tired of the same old machines at the gym you've used over and over again? Has your boredom led to fewer trips to the gym or even a cancellation? John Powers is a personal trainer with years of experience in high-intensity training, calisthenics, and kettlebells. Now using one simple piece of equipment, Powers will show you how to transform your arms, legs, and abs in just minutes a day. Kettlebell Training: The Ultimate Kettlebell Workout to Lose Weight and Get Ripped in 30 Days contains step-by-step instructions and detailed illustrations for every body-toning kettlebell workout. Powers teaches you the most effective kettlebell exercises to get into shape, lose weight, or become absolutely ripped. Fully illustrated with the top 30 exercises spelled out in easy-to-understand language, you'll learn how to ditch the gym and take your fitness to the next level. In Kettlebell Training, you'll discover: The correct weight, size, and number of kettlebells to use for any purpose The top 30 kettlebell exercises, each fully illustrated, to get you into shape fast The most effective kettlebell workouts for your abdomen to finally get that six-pack How to automatically trigger muscle confusion to promote varied muscle development The best diet plans for weight loss and optimum fat burning and much, much, more! Kettlebell Training is your complete guide to a full workout program using just one, low-cost tool. If you like step-by-step instructions, easy-to-follow systems, and saving money, then you'll love Powers new standard for exercise books. Buy your copy of Kettlebell Training today to discover the ultimate fitness transformation!

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descriptions, and some having step-by-step instructions. The information in this book will allow you to pick exercises and create your own kettlebell workout and/or verify that you're doing the exercises you're already doing, correctly. The book covers kettlebells cleans, swings, presses, lifts, snatches, squats, lunges, rows, getups, windmills, isometric exercises, isolation exercises, multi-planar exercises, combos, and more. Each subject has just enough information to keep it basic and understandable.

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kettlebell workout joe wicks: Kettlebell for Men Alex Jones, 2020-06-20 Do You Want to Know the Bodybuilding Secret of Soviet Athletes Who Have Been Crushing the Olympics Since 1952? Russian athletes won 426 medals in six Summer Olympic appearances. Over 76 percent of all wrestling medals won between 1969 and 1996 went to USSR and Russia. Want to know how? The answer is simple - uncompromising strength training using a very basic piece of equipment. Do you want to beat the results of Russian bodybuilders while also burning more than 400 calories in 20 minutes? Do you want to bulk up in all the right places, get that six-pack you've always dreamed of, maximize your strength and your stamina? You can accomplish all of those by spending just \$32 on a single item. The mighty kettlebell! Kettlebells are often described as a handheld gym for a very good reason - they're so versatile that you can train nearly every part of the body with them. Not only that, kettlebell exercises are multiplanar. To put that in simple terms, you'll engage numerous muscles at the same time to get that mind-blowing full-body shredding and muscle building routine. A kettlebell isn't a dumbbell and it most definitely isn't a barbell. Unlike these two, it's versatile, it can be used to tone every imaginable muscle and a workout with this basic, somewhat rough-looking piece of equipment will be so tough that you'll feel the pump for hours after you're done. Do you want to: Do Schwarzenegger-level bodybuilding Maximize your functional strength Work out anywhere, anytime... yes, even in your tiny room Strengthen your core and get those sexy toned abs Improve your balance Improve your posture Gain the confidence that all men with lean physique enjoy? If so, you need to head to the nearest sports store and buy a kettlebell right now. Once you have your handheld gym, you'll simply have to master your form and technique to make the most of this relatively easy to use exercise option. In Kettlebell for Men, you will discover: Kickass reasons why the kettlebell is going to be the last piece of exercise equipment you'll ever need to purchase Why you need to ditch circuit training right now and get your kettlebell on What the heck is ballistic exercise and why it will get you shredded like never before 8 pro consideration when buying a

kettlebell for the very first time Expert guidance on doing a kettlebell swing like a pro plus 29 full-body exercises for beginners, intermediate and advanced kettlebell users A straightforward 30-day program to transform your physique and your mind Upper body, lower body, core and balance routines to test out right now for a stronger, leaner and more muscular body in just a few weeks The best strategies for the creation of your own personalized kettlebell workout And much more! You don't need a home gym, you don't need a gym membership and you most definitely don't need expensive tools to make those natural gains right now. If it works for professional athletes, a kettlebell will most definitely work for you, as well. You simply need to check out the proper techniques and safest practices in order to get shredded, get fit and get the body you've always dreamed of. So, what are you waiting for? Your perfect physique could be just a month away. Scroll up and click the Add to Cart button now to learn the secrets of highly effective kettlebell workouts.

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kettlebell workout joe wicks: Kettlebell Workouts and Challenges V1.0 Taco Fleur, 2018-03-16 This book is targetted to at-home kettlebell enthusiasts, MMA and BJJ fighters, and crossfitters that use their open box time for kettlebell WODs. This book is even for budding trainers that want to know more about the Cavemantraining programs, and learn the basics on how to run

them. programs, on how to run them. 40+ serious kettlebell workouts, 4 kettlebell challenges, many are paired with very detailed videos. - Beginners to advanced workouts. - How to score AMRAP workouts. - Finer details on many of the exercises. - Quality emphasis on warming-up and mobility. - Full details of the popular Thorax Workout included in this book. - Additional ideas on how to make your WODs even more popular and exciting. - Additional little tips and information for personal trainers. Each workout is 100% kettlebells, mixed with bodyweight, or mixed with other equipment. Some workouts will have alternatives, or progressions. These are not shoddy quick workouts put together for a book, I've performed each and every workout listed in this book, and so have hundreds of others. - Taco Fleur This book is called Kettlebell Workouts and Challenges 1.0, obviously this book is then about the workouts and challenges, hence, I will be linking to a lot of external information rather than turning this into a book about kettlebell exercises, and / or technique, I already have several books on those. This is not to say that this book does not contain technique or exercise information, but it is kept to a minimum, illustrated with many photos, while linking to more online info. The title is prefixed with 1.0 as we will be putting out plenty of more books with new workouts. BONUS: 1. Information for trainers on how to run your own Caveman Circuit, and Boot Camp. 2. Downloadable workout PDF that can be downloaded, printed and taken to the gym. 3. Downloadable kettlebell grip PDF that will improve your kettlebell training instantly. 4. Downloadable PDF that will improve your racking for resting and endurance. 5. Free kettlebell workouts mobile app for the Android.

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(Ultimate Kettlebell Combo) which consists out of a deadlift, hang clean, swing clean, swing, half snatch, and strict press. A really simple but powerful combo is the double kettlebell half snatch and squat thruster, also known as WBKC (World's Best Kettlebell Combo). Isolation Exercises This book wouldn't be complete without some isolation exercises. Isolation exercises are those that involve only one joint and a limited number of muscle groups. Isolation allows you to focus more and go heavier. A good example is an exercise that is performed standing up, standing up will require more muscle recruitment, whereas a laying down exercise will take out all those muscles that were required to stand up, i.e. calves, quadriceps, gluteals, erector spinae, and many more. Multi-planar Exercises The exercises listed in this category are not the only multi-planar exercises, there are many more, a good example of a popular multi-planar exercise not listed here is the kettlebell snatch. The reason the exercises are listed under this category is that there was not one parent exercise category under which they fall. In basic terms, multi-planar exercises are those that go up, down, back, to the side, etc. they move through multiple planes of movement in one rep. A good example of a non-multi-planar exercise is the shoulder press. Note, whether an exercise is or isn't multi-planar doesn't make it a bad or good exercise, it just describes that it goes through multiple planes of movement.

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other books as I've left links to additional videos out and cut things down to just the essentials. I am including a bonus voucher code toward the end of the book which you can use to purchase a 2 hour streaming video which covers all the information covered in these 21 days step-by-step, it's fully optional to purchase and not required but a great additional for those who are more visual and like to hear someone talk. You can also find the DVD on Amazon by searching for 21-Days to Kettlebell Training for Beginners DVD Bonus You'll also get a voucher for the Udemy course and Android app which means you can either get yourself a certificate through Udemy and/or play the videos via the mobile app on your TV. Combined with this book these resources will undoubtedly help you lay the best foundation for kettlebell training. Table of Contents Day 1 Warming up and priming for kettlebell training Day 2 Stretching and mobility for kettlebell training Day 3 Kettlebell anatomy and grip Day 4 Safely lifting the kettlebell with a squat Day 5 Safely lifting the kettlebell with a hip hinge Day 6 Assisted kettlebell clean Day 7 Kettlebell squat swing Day 8 Kettlebell hip hinge swing Day 9 Kettlebell pendulum swing Day 10 Double arm swing clean Day 11 Kettlebell dead clean Day 12 Kettlebell swing clean Day 13 Kettlebell racking Day 14 Kettlebell pressing Day 15 Kettlebell rowing Day 16 Kettlebell American swing Day 17 Double kettlebell dead swing clean Day 18 Recap and additional kettlebell tips Day 19 Kettlebell programming and goals Day 20 Kettlebell workout Day 21 Common kettlebell injuries and annoyances

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