



Kettlebell Safety & Beginner Instructions

- *Use abdominal bracing. Tighten abdominal muscles while utilizing breath support prior to movement.
- *Use the hips and not the back to absorb the force of the kettlebell.
- *Straddle the kettlebell between your legs before lifting it.
- *Use closed teeth breathing and deep breathing. Generally you will exhale on exertion.
- *Use the proper size weight to push yourself but not hurt yourself. Must be able to make the move correctly with good posture, form and technique before lifting a heavier sized kettlebell. (Rule of thumb: Men tend to lift too heavily and women tend to be more cautious and lift too lightly.)
- *When lifting with both hands, they must be able to spread across the horn (handle) of the bell without overlapping.
- *Use kettlebells that are made from one solid structure and not two separate pieces.

Clean and Press for Beginners

Beginners should practice the “Clean and Press” move prior to learning additional moves. First practice without the kettlebell weight to safely capture the correct form. Next practice with a light weight kettlebell with the opposite hand assisting the move until you have the feel and flow of the move. Then you are ready to move with a heavier weight kettlebell and without the opposite hand assisting. Learn the “Clean and Press” as well as other kettlebell moves in FitMamas “Cardio Strength Blast!”

