



Kettlebell Exercise Chart

GRÁFICA PARA EJERCICIOS CON LAS PESAS KETTLEBELL

Figure Eight



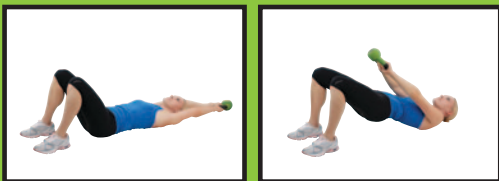
Stand with your feet shoulder-width apart. Hold the kettlebell handle with one hand. Bend your knees so you are in a squat position. Move the kettlebell between your legs and switch to your other hand. In one continuous figure eight motion, raise the kettlebell from behind you around to the front.

Sumo Squat Upright Row



Stand with your feet a little wider than shoulder-width apart. Point your toes out to a 45 degree angle. Hold kettlebell handle with both hands. Bend your knees so you are in a squat position. At the same time, bend your elbows and row the kettlebell up. Return to your starting position.

Bridge Pullover



Lie on your back with your knees bent and your feet flat on the floor. Grasp the kettlebell handle with both hands and straighten your arms above your head. Rest it on the floor. Keeping the bell of the kettlebell on top and your arms straight, move the kettlebell above your hips as you lift your hips off the ground into a bridge. Return to your starting position.

The Hand Pass



Stand with your feet shoulder-width apart. Hold the kettlebell handle with one hand between your legs. Bend your knees in a squat position and start with the kettlebell close to the floor. In a swinging motion, stand up and bring your arm straight in front of you to shoulder height. Toss the kettlebell to the other hand and then squat down, bringing the kettlebell toward the floor and then back up. Continue tossing the kettlebell back and forth.

The Clean and Press



Stand with your feet shoulder-width apart. Hold the kettlebell handle with one hand between your legs. Bend your knees in a squat position and start with the kettlebell close to the floor. In one motion, stand up and bend your arm, flipping the kettlebell so it rests on your forearm. Press the kettlebell up and overhead.

The Windmill



Stand with your feet shoulder-width apart. Bring one arm straight above your head and then flip the kettlebell so it rests on the back of your forearm. Extend your other arm at an angle to your side. Bend sideways as far as you can, bringing your hand toward the ground and then press back up.

Swings



Stand with your feet shoulder-width apart. Hold the kettlebell handle with both hands between your legs. Bend your knees in a squat position and start with the kettlebell close to the floor. In a swinging motion, stand up and bring your arms above your head, keeping your arms straight throughout the movement. Continue by bending your knees and returning back to the starting position.

V Crunch with Kettlebell Rotation



Sit on the floor and grasp the outside portion of the kettlebell's handle with the bell on top. Bend your knees and place your heels on the floor for balance. Lower your upper body slightly back. Rotate at your torso and lower the kettlebell to the floor on one side. Rotate to the other side and repeat.

Lunge Row



Stand with your feet together and grasp the kettlebell handle with one hand. Step back into a lunge with the foot on the opposite side of your hand with the kettlebell. At the same time, row your elbow back with the kettlebell. Return to your starting position and repeat on the other side.

The Clean



Stand with your feet shoulder-width apart. Hold the kettlebell handle with one hand between your legs. Bend your knees in a squat position and start with the kettlebell close to the floor. In one motion, stand up and bend your arm, flipping the kettlebell so it rests on your forearm.

The Snatch



Stand with your feet shoulder-width apart. Hold the kettlebell handle with one hand between your legs. Bend your knees in a squat position and start with the kettlebell close to the floor. In a swinging motion, stand up and bring your arm above your head, keeping your arm straight throughout the movement. Flip the kettlebell to the back of your forearm. Continue by bending your knees and returning back to the starting position.

The Wood Chop



Stand in a lunge, holding the kettlebell with both hands. Rotate at your torso so the kettlebell is on the other side of the forward bent leg. Keep your arms straight and in one fluid swinging motion, rotate forward, pivoting on your toes and swinging the kettlebell up to the other side. Return to your starting position.