



Can-Fit-Pro



Choreography

# Kettlebell Training

## — The Fastest Way to Have it All

PART 1 OF 2  
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Interested in incorporating one of the most effective training techniques to your client's routine? Power, flexibility, cardio, balance, coordination, core strength, definition, weight loss, speed, stamina – the improvements that KBell Training can make in your client's fitness and physique are legendary, but only if it is done right.

There are three key things this article will help you achieve: (1) It will give you a good place to start Kettlebell training; (2) it will give you some simple progressions that will let you bring these benefits to your clients; and (3) it will help you maximize the safety and effectiveness of your KBell training. But it is important to grasp the ideas below.

The most important element of a successful Kettlebell workout is to choose the correct weight for each movement. If your bicep is bigger than your Kettlebell, then

the weight you are using is probably too light. Using tiny Kettlebells to change your body is the equivalent of trying to chop down a tree with a kitchen knife. It's just the wrong tool for the job. I am sure you would sweat trying but it is unlikely you'll look much different when you've finally finished.

When it comes to being effective, some people still move too fast and "skip the foreplay". The KBell Swing, for example is one of the greatest exercises. You have probably heard the stories of how it can do

everything from burn fat, increase speed and maximize power. But if the proper preparation isn't there, you won't feel satisfied when you finish doing it because you couldn't work the muscles deep enough.

The simple truth is that the KBell Swing is an intermediate exercise that will yield greatest results after you have developed the strength and flexibility in your lower back, hips and hamstrings and once you understand how power and momentum work together. This statement holds true for most Kettlebell movements.

The following workout sequences will help you avoid these pitfalls because they follow a system that will let you use the right weight, for the right movement at the right time. >

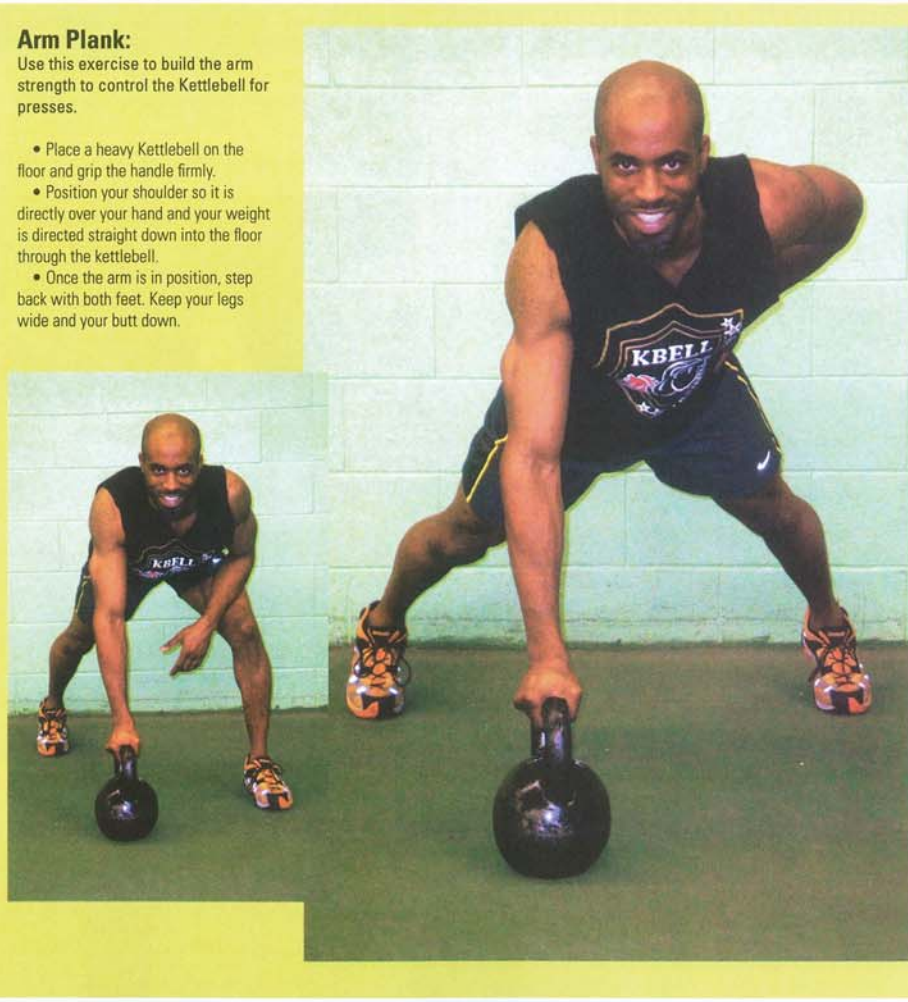


beginner sequence cont.

### Arm Plank:

Use this exercise to build the arm strength to control the Kettlebell for presses.

- Place a heavy Kettlebell on the floor and grip the handle firmly.
- Position your shoulder so it is directly over your hand and your weight is directed straight down into the floor through the kettlebell.
- Once the arm is in position, step back with both feet. Keep your legs wide and your butt down.



Check out the next issue of Can-Fit-Pro Magazine for Intermediate to Advanced Kettlebell exercises!

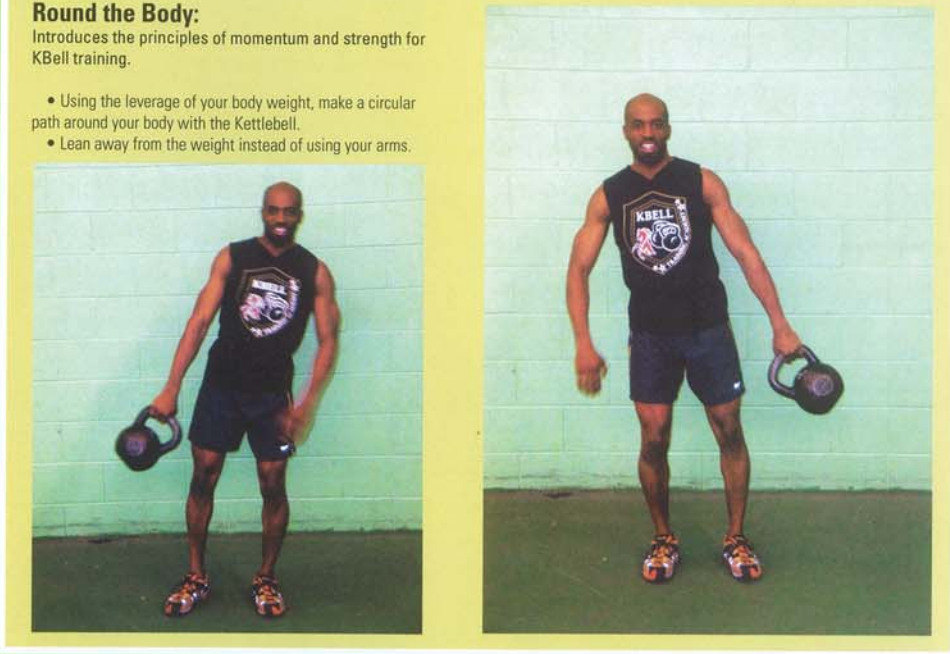
Ajamu Bernard is Canada's leading educator on Kettlebell training with over 10 years experience working with Kettlebells in personal training, athlete performance and group fitness settings. The Kettlebell X-Training system is a unique sequence of teaching that makes it easy to be safe, effective and successful as a KBell Trainer in any setting. Ajamu is the host of the KBell Physique DVD series and is the founder of the KBell Training Academy. To learn more about Kettlebell Training, join Ajamu at the next Can-Fit-Pro conference or visit [www.KBellTrainingAcademy.com](http://www.KBellTrainingAcademy.com). Contact Ajamu at [ajamu@KBellTrainingAcademy.com](mailto:ajamu@KBellTrainingAcademy.com).

Introduce your clients to kettlebell training with this beginner sequence:

### Round the Body:

Introduces the principles of momentum and strength for KBell training.

- Using the leverage of your body weight, make a circular path around your body with the Kettlebell.
- Lean away from the weight instead of using your arms.



### Squat Press:

Helps you express the power of your hips through your arms.

- Grip the KBell around the ball with thumbs inside the horns.
- Use the momentum from your hips to thrust the KBell to your chest.
- Squat, then thrust the KBell over your head until your arms are locked out.

