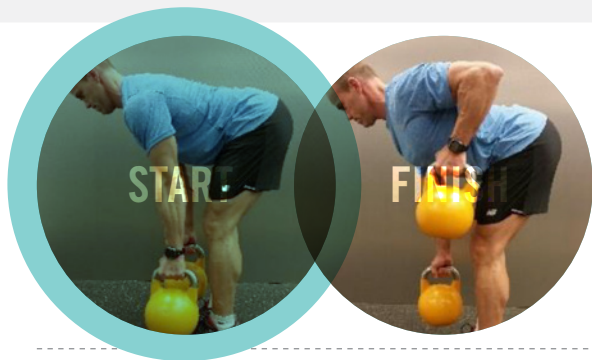


BY CHAD BENSON

# KETTLEBELL WORKOUT



<b>WARMUP</b>	1-2 SETS OF DYNAMIC WARM-UP (X10-12 / MOVEMENT). INCLUDE MULTIDIRECTIONAL LEG AND ARM SWINGS + EASIER / UNWEIGHTED VERSIONS OF THE EXERCISES IN THIS WORKOUT.		
<b>SUPERSET 1</b>	KB STIFF LEGGED DEADLIFT W ALT 1ARM ROW (2-3 SETS X 6-10 REPS)	KB HIP SHOULDER2SHOULDER HALO (2-3 SETS X 6-10 REPS)	
<b>SUPERSET 2</b>	KB SUITCASE SPLIT SQUAT W PASS THROUGH (2-3 SETS X 6-10 REPS/SI)	ALTERNATING STRAIGHT LEG LIFTS (2-3 SETS X 4-6 REPS: 3-5SEC HOLDS)	
<b>SUPERSET 3</b>	KB PUSH-UP ARCHER (2-3 SETS X 4-8 REPS)	KB SWING (2-3 SETS X 10-25 REPS)	GOBLET SQUAT W OVERHEAD PRESS (2-3 SETS X 8-15 REPS)
<b>COOLDOWN</b>	1. SMR LOW BACK, HIP FLEXORS, BACK OF SHOULDER, HAMSTRINGS, PECS, QUADS X 30-45SEC PER MUSCLE 2. STATIC STRETCH SAME MUSCLES ROLLED AND HEAVILY USED DURING WORKOUT 3. ALTERNATE BETWEEN HEAVY AND LIGHT / ENDURANCE TRAINING DAYS		



## STIFF LEGGED DEADLIFT WITH ALTERNATE 1 ARM ROW

**JOINT & PLANE:** SAGITTAL, LPHC, KNEE, ANKLE MOBILITY, LPHC & THORACIC STABILITY

*Details: Create & maintain a neutral spine*

- STEP 1.** Keeping the shoulders down & back, & knees almost straight, hinge & push the hips backwards.
- STEP 2.** Allow arms to move forward such that they are hanging, approx. in line with belly button. Pull 1 hand towards ribs, lower and pull the other.
- STEP 3.** Fully stand & unbend knees / hips (i.e. squeeze glutes)

## SUITCASE SPLIT SQUAT WITH PASS THROUGH

**JOINT & PLANE:** TRANSVERSE THORACIC & SCAPULAR MOBILITY

*Details: Stand or Split Kneel while firmly gripping the side handles with bell facing upward.*

- STEP 1.** Achieve & maintain a neutral upper back posture before starting the movement.
- STEP 2.** With elbows bent, move bell smoothly around head. NB the bell will move from vertical to horizontal orientation.
- STEP 3.** Finish bell as pictured against the shoulder & vertical. Reverse directions to the other side & repeat.

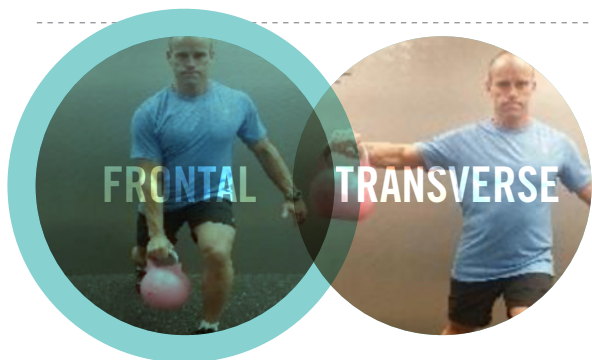


## SHOULDER-2-SHOULDER HALO

**JOINT & PLANE:** FULLBODY TRIPLANAR

*Details: This exercise can be performed stationary (split squat) or dynamically (lunge)*

- STEP 1.** Hold KB or DB in 1 hand, then position the opposite leg as forward as needed to maintain neutral alignment, with back hip extended – not flexed.
- STEP 2.** Pass the KB, then back to the original hand in a pendulum motion.
- STEP 3.** Either lunge back or hold split squat & repeat. NB split squat hold - do not change legs until all reps (2passes/rep) are completed.



HANDOUT COURTESY OF BCRPA

## KETTLEBALL WORKOUT CONTINUED.

NOTE: THIS IS NOT A SUBSTITUTE FOR MEDICAL ADVICE.



**CHAD BENSON, MSc, BSc, BPE, CSCS:** was educated at the University of Victoria and Memorial University of NL, Chad is the Director of Fitness Education for Steve Nash Fitness Clubs and the Lead Instructor at the British Columbia Personal Training Institute. Past training experiences include roles with the National Sailing Team, the Vancouver Canucks, the Canadian Sport Center, B2Ten, the BC Lions, Twist Conditioning, National Women's Basketball team & the Vancouver Ravens. Chad also has expertise with myofascial therapies, MAT, functional testing & sport rehabilitation. In 2013 Chad received the BCRPA Fitness Leadership Award for Educator of the Year.

HANDOUT COURTESY OF BCRPA



### ALTERNATE OR 2 LEG L SIT

**JOINT & PLANE:** SAGITTAL

*Details:* With legs straight & forward of the KB's, place hands shoulder width & directly below the shoulders.

- STEP 1.** With a flat upper back, ensure shoulders are held down & back, tighten / brace core & lift either 1 or both legs off the ground.
- STEP 2.** Hold the lift for 2-5 sec & repeat.

### ALTERNATING SHOULDER PLANK SHOULDERS T OR PUSH-UP ARCHER

**JOINT & PLANE:** SAGITTAL & TRANSVERSE

*Details:* Set KB's such that bent elbow is pointing straight up, and other arm straight. Look to hand & slide from one KB to other without torso lifting or sig. rotating. Repeat slide then push-up and over in a half moon movement (see transition pic). Keep pressure on both KB's to ensure the KB's don't tip over



### KB SWING

**JOINT & PLANE:** HIP DOMINANT, SAGITTAL

*Details:* Stand slightly wider than shoulder width with feet forward. Place KB on floor, forward of the foot. Sit & push the hips back to grab the KB with 2 hands. Keeping your back naturally arched (neutral), drive hips forward until glutes fire to swing KB to chest level. Gently pull / swing down & between the KB between legs. Repeat for the desired number of reps. NB\* the movement should look smooth in transitions & rhythmic in nature.

### GOBLET SQUAT WITH OVERHEAD PRESS

**JOINT & PLANE:** SAGITTAL; LPHC & SCAPULAR, MOBILITY & STABILITY

*Details:* Hold the KB as shown with hands gripping the side handles & fingers extending forward or backward.

- STEP 1.** Maintain a neutral spine, keep the KB close to the torso, and then slowly lower until a notable change in spinal posture or elbows touch the knees.
- STEP 2.** Stiffen / brace the core, establish the foot tripod & push floor away, then triple extend your hips.

