



Kettlebell Training With Steve Cotter

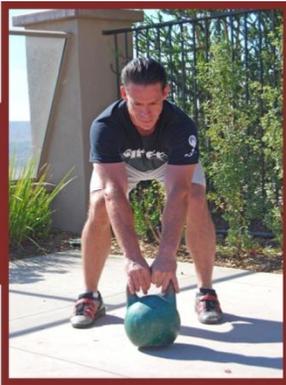


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Kettlebell Exercises

Two Handed Swing



One Handed Swing



Mechanics and Alignment

- For one handed swings, grab the corner of the bell utilizing a finger under thumb grip. For the two handed swings, the positioning of bell in the hands is obvious/straightforward
- Keep the knees in alignment with the feet
- For the downswing and upswing, head is in a neutral position.
- Utilize quadruple extension on upswing – ankles, knees, hips and torso
- Torso “follows” the bell on the downswing to reduce grip fatigue and improve flexibility/mobility
- Relax the arms – let the leg, hips and back do all the work. This should be a fluid motion –not rigid.
- Swing the bell to chest level
- At the top of the motion, lean the body back, elevate the shoulder via the traps and rise up on the toes.
- Time the lowering of the shoulder and toes on the downswing to help de-accelerate the bell and preserve the grip
- Remember to “actively” back-swing the bell between the legs to gain acceleration and develop flexibility in the posterior chain

Clean



Mechanics and Alignment

- Review the key points of the swing
- Grab the corner of the bell utilizing the finger under the thumb grip
- Head is in a neutral position
- Remember to utilize quadruple extension – ankles, knees, hips and torso
- Remember to have an “active” hand. This will facilitate bell coming around hand/wrist vs. over the top
- Once in the racked position, the bell rests in the triangle of the forearm and bicep. Although dependent on body type, the ideal is to bring the elbow to the iliac crest of the hip to gain maximum rest/leverage. The bell should rest on an angle from the inside of the thumb to the lower palm to reduce forearm fatigue. The hands can be open or in a “false grip” position while in the rack. Legs are locked, hips are forward, thoracic spine is rounded and there should be little, if no space, between the outside of the wrist and bell
- At the beginning of the downswing, remember to elevate shoulder and toes to help absorb the force of the downswing and spare the grip

Pressing



Mechanics and Alignment

- Start from the rack position (review clean section)
- As you press the bell up, keep the forearm vertical
- Keep the shoulder locked/spiraled into socket
- Keep the legs locked unless doing the push press variation
- Utilize a chest/thoracic bump to initiate the press
- Ensure the bell is resting across the hand at a 45 degree angle
- Ensure the shoulder is rotated in medially at a 45 degree angle in the top position

- Raise the shoulder and toes before lowering to help de-accelerate the bell and absorb the impact as it returns to the rack position
- When performing high volume pressing, relax whenever possible to preserve energy and increase reps/work capacity
- When pressing heavy weights, generate high levels of tension in the following areas to improve power, stability and safety – glutes, abdominals, grip (hands) and lats.

Jerk



Mechanics and Alignment

- After cleaning the bell to the racked position, the bell is accelerated overhead via an explosion of the legs and back. This commonly referred to as the “bump”
- As you drop into first knee dip prior to bump, keep the elbows connected to the torso/hips. A common mistake is to let the elbows float during this phase of the lift
- After using your initial leg drive to bump the bells upward, add in a second knee dip to get under the weight and lock the elbows. In order for a rep to be considered “legal”, the arms must be locked while in the second knee dip
- The upward movement is finalized with the arms and legs locked
- Arm and hand position in the rack is consistent with what is described in the clean
- Overhead position is the same as in the press – bells is at a 45 degree angle in the hand and the shoulder is rotated in medially at a 45 degree angle. In addition, many lifters lean into the bells – chest is forward, hips are back and legs are locked.
- Before bringing the bells down to the rack, elevate the shoulders and toes to de-accelerate the bells and cushion the impact

Snatch

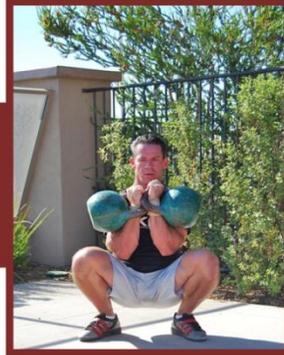


Mechanics and Alignment

- Review the key points of the swing
- Grab the corner of the bell and ensure you have the index finger tucked under the thumb
- The motion is like a swing, but the bell continues to accelerate upward and locks out overhead
- Remember the quadruple extension on the upswing – ankles, knees, hips and torso
- On the upswing, make sure to punch through the bell or let it roll (corkscrew) around the forearm at the top to minimize impact
- If working with a heavier bell, you can implement a second knee dip just like in the jerk.
- At the top of the motion, the hand/shoulder position is identical to the jerk
- Before you begin the downswing, elevate the shoulder and toes (this will help absorb force/save grip), rotate the bell around the wrist and begin downswing with thumb up. At the bottom of the downswing, many will rotate the thumb backwards to help with grip de-loading.
- Remember to have an active downswing – this facilitates a stretch reflex in the hamstring and glutes which in turn gives your upward drive an elastic/rubber band effect.



Squatting (single k-bell squat, racked squat and overhead squat)



Mechanics & Alignment

- On the descent, move the hips to rear as if sitting in a chair
- Descend into a rock bottom squat so that the hamstrings are touching the calves
- Keeping the weight on the heels, drive the hips up and forward until lockout - this involves fully extending the hips and knees
- To ensure stability and safety, keep the glutes and abs tense through the full range of motion
- For the overhead variation, it may be necessary to turn the torso and drop the shoulder (not holding the bell) to some degree to compensate for a lack of spinal and hip mobility

For more information - visit www.ikff.net or contact Ashleigh at ashleigh.shooshanian@ikff.net