

Kettlebell Training

What is a Kettlebell?

The kettlebell is a traditional Russian cast iron weight which like a cannonball with a handle. The kettlebell has become a popular exercise tool in the United States due largely to the efforts of strength and flexibility coach Pavel Tsatsouline and also by World Champion and world record holder Valery Fedorenko.

Kettlebell training can give you the results you have always dreamed of, be it muscle tone, cardio improvement, weight loss or strength. Most importantly, you can train when you want, for how long you want and as often as you want without having to plan the trek to the gym with military precision. Kettlebells can sit under your stairs or in the bottom of a cupboard and are always ready, all you need to do is grab a bell and enjoy a quick workout whenever you feel like it! You don't need to travel anywhere, there is nothing to set up and your workout time can be as little as just five minutes. For a one off investment, you have a portable gym with a handle - it's that simple.

3 Other Reasons to Train with Kettle Bells:

1. You'll get a full body workout.

The kettlebell basics focus around three core lifts - the swing, snatch and clean and jerk. What links all these drills together is that they force the body to work as an integral unit. Power is generated from the legs, driven through the hips and expressed through the arms. Every single muscle is brought into play and every single muscle is worked hard.

2. Train your other half.

That is, the other half of your muscles. Traditional gym weight training routines concentrate on slow, controlled lifts. Missing are exercises that specifically work explosive movements. Muscle fibres can be divided into two types, slow twitch and fast twitch. Slow twitch muscle contracts at a slower rate and you can probably guess how fast twitch fibres contract. Again, the core kettlebell drills focus on fast, explosive movements which focus on training your fast twitch muscle fibres.

3. Work those hips!

Your hips and legs are some of the strongest muscles in the body. Okay, they aren't the most useful for posing on the beach but for almost all sports, powerful hips will always be vital. Kettlebell ballistic drills work the glutes, hip flexors, abdominal region and erector spinae hard and will convey greatly improved athletic performance.

For more information please visit:

www.ukka.org



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