

# **General Kettlebell Workout Guidelines**

## **written by Gregg Althen, RKC**

### **Proper Equipment**

When doing any kind of strength training, including Kettlebells, use these guidelines:

1. Never use mirrors, weight belts, or weight gloves
2. Always use thin, flat-soled shoes or go barefoot on a surface with plenty of traction

### **General Workout Format**

Kettlebell drills can be divided into three categories

1. Technical drills – performed slowly with maximum tension for low reps, never to failure. Plenty of rest in between sets. Technical drills should be performed relatively early in a workout – they should NOT be done after a cardiovascular workout. Examples: Side Press, Windmills, Turkish Get-ups, Deadlifts
2. Ballistic drills – performed for high repetitions at various speeds. Rest about 1 minute in between sets. Examples: Clean, Clean and Jerk, Swing, Snatch
3. Specialty Drills – Can be ballistic or technical, and are used to enhance specific training goals. Examples: Grip/Bottom-up Clean, Chest Press, One-arm Overhead Squat
4. Note: whether you're practicing technical or ballistic exercises, never train to failure on any set. Injuries occur when your stabilizing muscles become fatigued and your form deteriorates. It's easy to avoid this situation if you simply quit 2-3 reps before failure.

An effective kettlebell workout should employ the various exercises in this basic order:

1. Warm-up drills. Use deadlifts, swings, and passes to practice folding at the waist and using maximum tension.
2. Technical drills. Take plenty of rest between sets so that maximum tension can be generated and maintained throughout each set.
3. Ballistic drills. Take 1-2 minutes rest in between sets – use this part of the workout for endurance and explosiveness.
4. Specialty drills. Perform exercises such as grip/bottom-up cleans that are relevant to your particular sport.
5. Abdominal exercises. Choose from Janda Sit-ups, Ballet Thrusts, Power Crunches, etc. Perform 3-5 sets of 3-5 reps.
6. Flexibility Training. If necessary, use the PNF method 1-2 times per week. Otherwise perform mild static stretching after each workout, making sure to hit the major muscles – hamstrings, groin, hip flexors, glutes, upper back, hanging back. Do not pull excessively during any stretch.
7. Zero tension/Rubdown, Shakeout