

“Kettlebells-Pushing the boundaries of health and fitness”

A Kettlebell is a traditional Russian cast iron weight that is shaped like a cannon ball with a handle. Looks innocent enough, no? Remember the adage "looks can be deceiving." It is innocent when it's just lying on the floor, but pick this thing up, and start exercising and two things immediately happen:

Kettlebells



- 1) **You're hooked on it, like a powerful drug**
- 2) **You'll begin an unbelievable fitness transformation.**

Your kettlebells are at the top of the food chain. The quality and finish is high, smooth, sexy and looks durable, but more importantly the kettlebells are good to handle and the balance can't be faulted

Kettlebells address the entire body as a unit simultaneously. You will get the most effective, short and intense, cardiovascular and strength workout within twenty to thirty minutes? Whether you are looking to vaporize fat, scorch your lungs, demand new strength, rehabilitate weak areas or improve your overall level of conditioning, kettlebells are the solution. The Kettlebell is an extreme hand held gym. The variety of exercises are only limited by the instructor's imagination!

The benefits of Kettlebell training

Weight Loss and fat reduction-If you want to zap fat away then pick up the nearest kettlebell to you and start playing. There is no other weapon on the market for health and fitness, if used in the correct manner that will destroy fat like it was never there. A lot of the ballistic moves used on KB training elevate

the heart rate into fat burning zone. See how high your heart rate goes, and feel the joy!! Also kettlebells increases lean muscle tissue in the body from the resistance used. This lean muscle tissue is more metabolically active and will require more nutrition and maintenance from the bodies systems leading to an elevated resting metabolic rate – RMR. Don't take my word for it try it yourself!

Functional movements, the carry over to sport, and core strength – in every day life we have to use our bodies to generate power, whether that is to pick the shopping up, move a TV or lift a table. A good training programme should make us functionally fit, doing every day activities without the worry of pain. Trunk/core strength is needed here as well as co-ordination from our limbs. A kettlebell is a free moving weight which conditions our body as an intergrated system.

For athletes, sportsmen and women being able to recruit their strength and power as expertly as possible is necessary for success. Therefore an exercise system that teaches your muscles how to work together in coordination to develop functional power, whilst also requiring the factors of timing, coordination, speed and balance can be seen as extremely valuable. Kettlebell training is one such system of exercise. All explosive actions require and develop a great deal of hand eye coordination, timing and balance. Not to mention tremendous amounts of 'real' core control and stabilization as opposed to the un dynamic yet trendy, static methods that are often pushed as being essential training for the athlete.



Muscular Development/strength training - Kettlebell's are perfectly suited to performance of Olympic style explosive lifting exercises like the clean and jerk for the development of power. These exercises use many muscle of the body in a coordinated and unified way. As well as providing stimulation to the

working muscles they also teach the bodies nervous system how to make the muscles work in a coordinated and efficient manner. The combination of force generated and the short time required to do so trains your body to become more powerful. There are two standard ways to perform these exercises. Firstly using close to maximal weights and performing low repetition sets. This will give maximum muscle fibre stimulation. Secondly using a sub maximal weight and performing the exercises at max speed. This teaches the muscles to fire more quickly and is of much benefit to sportsmen and athletes. An added advantage of kettlebell use in these exercises is that they are more forgiving of poor exercise technique than standard barbell versions. They are also done one handed (unilaterally), which forces all the stabilizing muscles of the trunk and core to work much harder than a symmetrical barbell version.

One of the key attractions of using kettlebells for strength training is they force the body to recruit more local muscle fibres in any given action and the teach whole body tension which has a direct link to strength.

“Tension = Force – You can increase your strength beyond what you thought possible by contracting your muscles harder”. (Pavel, 2003)

Cardiovascular conditioning-This in turn means a higher pulse rate that should be kept up over an extended period of time (your choice how long dependant on fitness level). This will lead to aerobic adaption's taking place over time and continued training. It may not be practical to use just the one exercise for cardiovascular conditioning; you may like to mix a few together to create a circuit of exercises.

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Cardiovascular training with kettlebell's can be achieved using a variety of mechanisms. Firstly and possibly the most usual method would be to select a compound explosive type exercise using a light kettlebell and to perform many repetitions continuously. Because the whole body is working together to



perform the exercise (for example a swing) then the load is spread evenly over all working muscles allowing the effort to be sustained. Because very large muscle groups are working the heart is forced to pump more blood to feed the muscles oxygen. Try running for 15 minutes one day then the next day do 10 times 20 second swings, 10 seconds rest and feel the difference yourself! This extreme tool can be used to reach new levels of fitness.

By

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