



Kettlebell Concepts®: Why Everyone Should Swing Angie Miller, MS, LPC

344 Kettlebell Concepts®: Why Everyone Should Swing with Angie Miller

A Kettlebell of course. Kettlebells are great for one-on-one training, but they're even better in a large group, with energy, motivation, and healthy competition to keep it real. Learn how to design programming, build sequences, and turn traditional kettlebell exercises into a heart pounding, powerful workout that will keep them coming back for more. Whether you're a group fitness instructor or personal trainer, this session is for you. You'll walk away with skills, drills, and blocks of choreography that you can mix and match to make your own.

Session Goals:

1. To understand the unique benefits of large group kettlebell training.
2. To create dynamic large group kettlebell environments that keep clients coming back for more.
3. To develop large group leadership skills.
4. To build exercises into sequences that can be mixed and matched to create a full program.

I. Learning Tools:

A. Benefits of large group kettlebell training

B. Safety considerations for large group kettlebell training

1. 5 Technique Considerations

2. Class Set Up & Design

C. Turning a kettlebell “class” into a kettlebell “experience”

1. Creating dynamic class environments

a. Why is this important?

b. How do you do it?

D. A Notch Above the Rest~ Principles of effective group leadership

1. Instructional Elements:

a. Music

b. 4 B’s: Base Move, Bridge Move, Build a Set, Bonus

c. Cueing- direction, motivation, education

E. Questions and Misconceptions about Kettlebell Training

II. Practical Application/Choreography

TUTORIAL

Double Arm Swings- With this move you will send your hips back, load them up, and explode forward. Begin by sitting back with the hips, knees slightly bent. Keep your chest open and shoulders down and back. The weight is in your heels, rooted to the ground. Looking straight ahead, swing the kettlebell back between the legs, snap your hips and stand up tall and strong. Lock out your knees and squeeze your glutes as you do this. Don’t try to “muscle the bell” or lift the bell with your arms. All the power comes from your hips. Breathing is important here. Take a deep inhale in through the nose on the way down, and forcefully exhale as the kettlebell comes up (explosive and crisp). You should not feel any pain in your lower back. If you do, check your form and remember your breathing. (Remember to push the hips and gluts back rather than just folding over at the hips. Visualize sending your gluts to an imaginary wall behind you.)

Windmills- Begin with a wide stance. The front leg may be slightly bent, and the foot will be turned out. The back leg should be straight. Stack the hips and rotate the trunk toward the kettlebell as the hips flex and extend. The Kettlebell arm remains upright and extended

throughout the entire movement. Remember to look up at the bell. Initially, knees may be slightly bent, but as you become more flexible you may be able to accomplish this move without a bend in the knees.

Overhead Squat- Begin by pressing the KB up to the ceiling while pulling your shoulder blades down. This will keep your arm straight throughout. Look up at the kettlebell. Turn your hips, not your knees, to the kettlebell and send your hips back. Sit down as deep as you can. Squeeze your gluts, drive through your heels, and come back up. Snap your hips. You are performing a squat as you look at the bell overhead. It's okay to turn your body toward the kettlebell to give you more range of motion, as this requires a lot of flexibility through the lats and low back. Engage your core throughout the movement and articulate your spine. You can modify this by keeping the bell in rack position. Perform the movement the same, and look up past the arm that is holding the bell.

Cleans- Begin in rack position. In the rack position your thumb should be able to touch your chest and your elbow should be snug against your abdomen. As you let your arm come down, bend your knees, squat slightly, and let the bell hang as in the bottom position of a dead lift. Point the thumb back and as you stand up tall and simulate zipping up your torso with the kettlebell. Snap the hips and squeeze the gluts at the top, bringing the kettlebell back up into the rack position. Picture a vertical line from your groin to your chest. Hitting yourself in the shoulder or bicep with the kettlebell as you bring it up is an indication of improper form.

Another option is to begin in rack position, then let the arm go and push the hips back as if you are executing a swing. Point the thumb back and get the kettlebell far enough behind you that you properly load the hamstrings and gluts. You should get a good backswing when cleaning the kettlebell, but as you bring it into the rack position keep it tight to the body. Imagine that you are zipping up a zipper on your jacket. If you have pain in your lower back, chances are you are folding over at the hips rather than pushing the hips back. Imagine a wall behind you. Each time you begin the clean pretend to tap your glutes to the imaginary wall.

**Thank you for attending this workshop.
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