

What's a kettlebell?

You may have heard of kettlebells, or seen them in a gym. In any case, it's definitely not something that rings when water is done boiling, but rather a different type of tool you can use in training. Here's a quick 101!

Okay, but what is it?

Often made of cast iron, a kettlebell is essentially a ball of weight with a handle on it. Like dumbbells, they come in different sizes, measured in lbs or kg.

They're best for exercises that involve working your entire body and multiple muscle groups, such as squats. Most (if not all) gyms will have them, and you can also buy them to use at home. For kettlebells, you often stick to one weight so you don't need a huge variety set of them.



How can I get started?

Start with a **lighter weight** than what you would normally use with a dumbbell. Because of its unique shape, you might find it more awkward to handle. Ask a trainer or look for online resources to help you develop the correct technique and avoid injury!

For safety reasons, **never lift a kettle bell directly over your head.**

The Kettlebell Swing

Here's a common kettlebell-specific exercise that's easy to start off with!

1. Spread your feet shoulder width apart and lean forward while holding on to the kettlebell with two hands and allowing it to hang down between your legs.
2. Planting your feet, push off the ground and allow the momentum from you legs to begin to swing the kettlebell up in an arc as you keep your arms straight.
3. Thrust your hips forward as you continue to swing the kettlebell up the level of your head, and then simply reverse the motion to be back in the ready position for the next rep.



Reference: How to Use Kettlebells. (n.d.). Retrieved February 14, 2016, from <http://www.quickanddirtytips.com/health-fitness/exercise/how-to-use-kettlebells>

Images:

<https://athleticperformancetc.wordpress.com/tag/kettlebell-swing/>