

## KETTLEBELL SAFETY

- 1. Hips First: Move from the hips, never from the back or knees. This is safest for your back and knees – and most powerful.**



How to set up a hip first movement: stand up and place the edges of your hands into the creases on top of your thighs. Press your hands hard into your “hinges” and stick your butt out while keeping your weight on your heels. It will teach you to go down by folding at your hip rather than bending through your back. Same thing on the way up: hips first. Drive with your glutes and hamstrings, less with your quads, and not at all with your back.

- 2. Don't Slouch or bend your back.**

The movement should come from the legs and hips, and your back should stay in a neutral position. Ensure you keep the chest lifted and broad.



- 3. Stay Tight through your waist**

“Stay tight” – maintain a tight muscle corset around your waist to protect your back. The abdomen should neither suck in nor protrude. Useful imagery is bracing for a punch.

- 4. Stay loose with your arms**

Kettlebell cleans and snatches are not curls; the arms pass the force generated by the hips.

- 5. “Tame the Arc”**

In a KB swing, guide the kettlebell back so your forearm almost hits you in the groin, like a football hike pass. On the way up, the answer is not pulling with the biceps, but rather squeezing the shoulder back and thrusting the hips forward. Taming the arc also applies to racking the kettlebell on your chest after a clean or catching it overhead after a snatch. Letting the kettlebell travel in a big arc means banging yourself on the forearm. Tightening the arc

by outrunning the kettlebell with your fist makes the catch soft.



## 6. Keep your shoulders in their sockets

Pull your shoulder into your body the way a turtle pulls in its head when you are supporting the kettlebell. Ensure your shoulders are staying activated, down, and pulled back during all movements, by activating the latissimus dorsi muscles in the back.

## 7. Don't hyperextend your wrists

The kettlebell is determined to bend your wrist backward. Don't let that happen. Stick your hand far inside the handle so the weight rests on the heel of your palm. Then counter with the wrist flexors.

8. Remember that each kettlebell exercise has specific technique required to prevent injury and perform the exercise correctly. Ensure you know how to properly activate your core before attempting ANY kettlebell exercise.

9. Aim for quality movements before you build quantity (through weight or repetitions).

10. Be aware of your surroundings, don't train too close to other objects.

11. If a kettlebell starts to fall and you lose control, get out of the way. Don't try to recover it, this could lead to injury. Push it away from the body and step aside.

12. Treat a light kettlebell like a heavy one.

