

KETTLEBELL WORKOUT PART 1

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workout one - full body strength

KETTLEBELL WORKOUT

Goblet Squat

Hold your weight to your chest, break at the hips and lower into your squat. Drive through your heels and squeeze your glutes to stand. Repeat.



Deadlift

Stand tall, holding a weight close to your body. Keep your back straight as you stick your hips back with a slight bend in your knees and take the weight to the floor. Squeeze your glutes as you push to return to standing.



workout one - full body strength

KETTLEBELL WORKOUT

Single arm thruster

Take your kettlebell to your shoulder, lower into your squat then drive up to full extension while simultaneously extending your arm overhead. Engage your core and squeeze your glutes to drive to the overhead position.



Single leg RDL

Keep your hips square. Hold onto your weight in the same arm as leg keep this leg straight and extend it behind you. Return to the upright position by engaging your glute and hamstring



workout one - full body strength

KETTLEBELL WORKOUT

DOSAGE

Aim for 3x10 repetitions for each exercise.

Aim to use a weight that is challenging by the end of the 8-10th repetition.

Perfect as a twice weekly full body strength workout.

Keep moving, keep active & keep strong.

If you are struggling with a niggle or injury or would like more specific advice please reach out. We love working with active individuals. Both In-Clinic & Online Physiotherapy is available to get you performing at your peak

