



The Final Edge to Metabolic Control™

Enhancing lifestyles through proven wellness and fitness systems™

For most people, physical activity should not pose any problem or hazard. It is recommended that you consult with your doctor before starting any exercise program. By accepting this copy of a sample ski-conditioning program, you understand the nature and purpose of the activity and are aware that any strenuous physical activity involves risks. Accordingly, you release, discharge, and absolve, and hold harmless Destiny Management, LLC, their agents, instructors and employees, for nay and all liability arising from any accident, injury, or loss sustained by me as a result of activities at or present in a Facility.

Kettlebell Exercise Descriptions

Kettlebells are all bells, no whistles. Resembling a mini bowling ball with a handle, kettlebells are great for cardio, strength, and flexibility training.



1. Two-Handed Kettlebell Swing Targets: Shoulders, back, hips, glutes, legs.

How to: Stand up straight, with feet a bit wider than hip-distance apart. Grab hold of the handle with both hands, keeping the palms face down and arms in front of the body. Maintain a slight bend to the knee and drive the hips back, lowering the body — but not too low, this isn't a squat! Then, in a fluid motion, explosively drive the hips forward while swinging the kettlebell, keeping the glutes and core engaged. Remember: The motion should come from the hips (not the arms!) as the body returns to standing. Lower the weight back down between the legs while lowering again, and keep this swinging motion going for 12-15 reps.

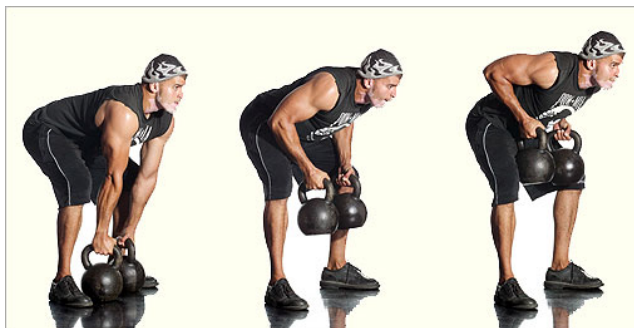


2. One-Handed Kettlebell Swing Targets: Shoulders, back, hips, glutes, legs.

How to: This movement is the same as the two-handed swing, except using only one hand at a time! Swing the kettlebell up with one arm, but still swing the other arm to help drive momentum. Alternate hands when the kettlebell is behind the legs; aim for 10-12 reps with each arm.



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3. Two-Arm Kettlebell Row Targets: Back, arms, shoulders.

How to: Grab two kettlebells for this one. (Can be done with a single kettlebell) Place them in front of the feet and bend the knees slightly. Next, bend over to grab both kettlebells and pull them towards the stomach, keeping the elbows close to the body and the back straight. Lower the weights, repeat for 12-15 reps max, feel like a champ.



4. Kettlebell Figure-8 Targets: Arms, back, abs.

How to: Start with legs a bit wider than hip-width distance apart, and lower yourself into a quarter-squat position. (Keep that back straight and chest up!) Grab the kettlebell with the left hand and swing it around the outside of the left leg and then back between the legs. Next, pass the kettlebell to the right hand and swing it around the outside of the right leg. (Be sure to switch directions half-way through!)



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5. Kettlebell High Pull Targets: Shoulders, arms, glutes, legs.

How to: Turn those toes out 45 degrees with feet a bit wider than shoulder-width apart. Place the kettlebell on the ground between both legs and begin to squat while keeping the core engaged, and grip the kettlebell handle with one hand. Then, using force from the hips, push through the heels to rise to standing, pulling the kettlebell upwards while the elbow drives up. Lower back down and switch arms. Shoot for 10-12 for each arm.



6. Kettlebell Front Squat Targets: Legs, glutes, back.

How to: Stand up straight, holding the kettlebell in front of the chest with both hands, keeping the elbows close to the body. Start squatting by driving the heels into the ground and pushing the hips back until the thighs are parallel to the ground or just below. Return to standing, and repeat for 15-20 reps.



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7. Kettlebell Lunge Press Targets: Shoulders, back, arms, abs, glutes, legs.

How to: Stand up straight while holding the kettlebell in front of the chest with two hands, arms bent and palms facing each other. Lunge forward with one leg while raising the kettlebell overhead. Return to standing while returning the kettlebell to the chest. Try for 10-15 reps on each leg.



8. Kettlebell Sumo High-Pull Targets: Back, legs, shoulders, arms.

How to: Start with the kettlebell between the feet, set a bit wider than hip-distance apart. Grab onto the handle with both hands with the knees bent and hips back. Then, pull the kettlebell to the shoulders while the knees straighten and elbows rise. Remember: The force is coming mostly from the hips, the arms pulling at the very end. Keeping the core engaged the whole time, move the weight back down by the ground and repeat for 12-15 reps.



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9. Kettlebell Russian Twist Targets: Abs, obliques.

How to: Sit down with the legs bent and feet flat on the floor, about hip-distance apart. Hold the kettlebell with both hands at the chest, and then lean back to a 45 degree angle. Rotate the torso from left to right by twisting at the waist and swinging the kettlebell across the body. See how many you can do, with perfect form of course!



10. Kettlebell Windmill Targets: Shoulders, back, abs, obliques, hips.

How to: Hold the kettlebell in the right hand and angle the feet 45 degrees away from the right arm. Raise the kettlebell overhead, lock the arm, and keep your eyes on the weight. Shift your weight onto the right leg and begin bending forward at the waist. Keep the right arm extended overhead as the body bends forward and the left arm is pointed toward the ground. Lift back up slowly, staying in control. Repeat for 6-8 reps on each side.



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11. One-Arm Kettlebell Floor Press Targets: Chest, arms, core.

How to: Lie on the ground with your legs straight out. Grab a kettlebell by your side and, with the palm facing in, press the weight straight up while rotating the wrist (so the palms face the feet). Bring the kettlebell back down to the starting position, and repeat for 6-8 reps.



12. Kettlebell Slingshot Targets: Back, arms, abs, obliques.

How to: Keep feet shoulder-width apart, and hold the kettlebell in front of the body, arms extended at chest level. Swing the kettlebell behind the back with one hand, then reach back with the opposite hand to grab it, swinging the kettlebell to the front of the body. Continue round n' round for 8-12 reps, then switch directions!

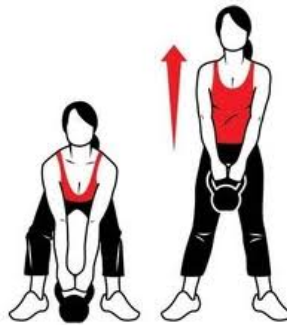


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13. Side Step Kettlebell Swing Targets: Legs, glutes, back.

How to: Grab a kettlebell and start with the basic two-handed swing (see move #1). When the bell is down between the feet, step the right foot out to the right; then, when the bell is up, bring the left foot to meet the right (so the legs come together). Keep side steppin' your way to the right (10-15 steps), then head on back the other way, leading with the left foot.



14. Kettlebell Deadlift Targets: Legs, glutes, arms, back, abs.

How to: Stand with the kettlebell between the feet on the floor. Squat down and grab a hold of the handle with both hands while the back remains flat. Engage the core, tighten those glutes, and keep the arms extended as the body rises on up, kettlebell and all! Aim for 12-15 reps, maintaining proper form throughout.



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15. Kettlebell Clean Targets: Legs, butt, back.

How to: Start with the kettlebell between the feet. Begin to swing upwards: Shrug the shoulders, pulling the body and bell up to the shoulder. The bell should end in the “rack” position: resting on the forearm, which is tucked close to the body, the fist at your chest. Bring the weight back down to the floor and repeat for 10-15 reps.



16. Two-Arm Kettlebell Military Press Targets: Shoulders, arms, back.

How to: Grab two kettlebells (can be done with one) and clean them to the rack position (see above). Then, press the kettlebells up while leaning forward at the waist so the weights are positioned behind the head. Bring them back down to the shoulders and continue pressing for 10-20 reps.



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17. One-Arm Kettlebell Split Jerk Targets: Shoulders, chest, back, legs.

How to: Start by cleaning the kettlebell to the shoulder (see move #15), finishing with the palm facing front. Next, bend the knees and press the kettlebell overhead (see move #16) while jumping into a split position. Return to standing while the kettlebell remains overhead, and then lower the weight. Shoot for 4-6 on each side for starters.



18. One-Arm Kettlebell Snatch Targets: Shoulders, chest, back.

How to: Start with a kettlebell between the feet with the knees bent. Then, explode up onto your toes, pulling the kettlebell until it reaches the chest with the elbow tucked in. From there, bring the weight overhead (hold on tight!). Then bring it back down close to the ground — that's one rep; try for 6-8!



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19. Power Plank with Row Targets: Abs, arms, back.

How to: Start in a plank position, but with hands grasping two kettlebell handles. Then, lift one kettlebell up so it reaches the hip — remember to keep the elbow in! Lower back down and repeat with the opposite arm. Do 6-8 on each side.



20. Kettlebell Half Get-Up Targets: Abs, arms, back.

How to: Lie down on your back with legs straight out. Extend the right arm straight up, kettlebell in hand. Next, bend the left knee and begin to rise, with the left arm keeping the body propped up. Sit all the way up, then carefully return to starting position. Knock out 8-10 reps per side.



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21. Kettlebell Push-Up Targets: Chest, arms, back.

How to: This move is simply a push-up, but with kettlebells included! Grab hold of each handle in the usual start position, then lower the body before pushing back up. Shoot for 10-15 reps.



22. Kettlebell Push-Up with Row Targets: Chest, arms, back.

How to: Begin in a push-up position with the right arm holding the kettlebell. Perform a push-up and, at the top, lift the right elbow by squeezing the shoulder blades together with the weight about six inches behind the body. Then return back to the starting push-up position, pushing for 5-8 reps with each arm.