

# Kettlebells with Katrina

Tone It Up



## KBell Skate Cross Lunges

*Tones the thighs and sculpts your abs!*

*Begin standing with a kettlebell in both hands, let go with one hand and lunge back with the opposite leg as you lower the kettlebell to the ground in front of your other foot. Push off of your heel to stand up straight, switch hands and step back with the other foot as you skate from side to side. Can you get in 30 total reps without stopping?! Keep a tight core to help with balance.*



*Tones the entire body! This olympic move is a total body toner that is perfect to burn calories!*

*Stand tall with your feet shoulder distance apart and place a kettlebell just off center to the side you are going to pick it up on. Reach down with a flat back to pick up the kettlebell with your palm facing your body. Dip your bum down and squat back up as you corkscrew your kettlebell and pull your elbow in to rest the kettlebell on your shoulder, and your elbow tucked into your core. Perform a shoulder press and return the weight to your shoulder, then finally back to the ground. Repeat 10 times before switching sides.*

## Clean & Press



# One arm Kettlebell Swings

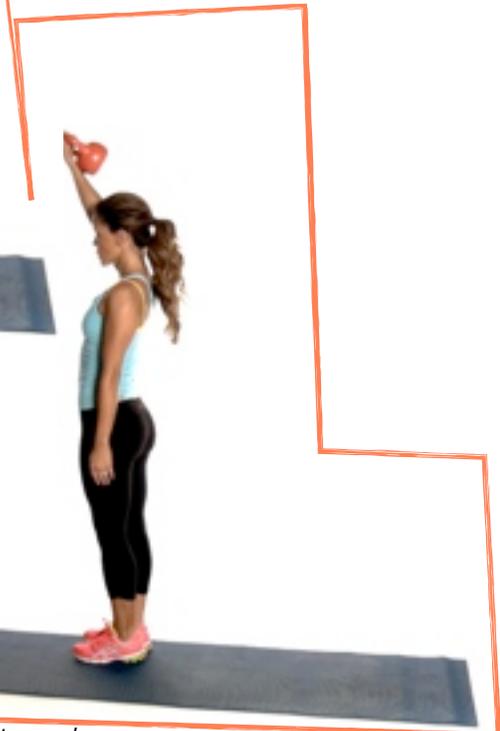


*Tones the back of your legs, sculpts your core and boosts your metabolism to scorch calories all day long!*

*It's the same move as the two arm kettlebell swing but this time use one arm at a time, making the transfer at the 'zero gravity' point, right out in front of you, between the up swing and the down swing! Really keep your core tight here as the movement is great for your abs! Get in 15 reps on each side!*



# Turkish Getup



*This is a core scorcher! This is also a very technical move, so practice with light weight until you feel comfortable to push yourself!*

*Begin laying on your mat with your right arm stretched out above you holding onto the kettlebell, right leg slightly bent, and left leg out to the side laying flat on the mat. Begin the move by performing a crunch, getting your bodyweight up onto your left arm which is laying by your side. At this point, you are sitting up with the weight above your head. Perform a bridge pushing forward through bent leg and your hips to raise your booty off the mat, and slowly tuck your left leg completely underneath you to bring your knee directly beneath your hips and bring your torso to an upright position. From here you will be able to simply stand up by performing a lunge. To lower yourself down, perform the same motions in complete reverse, taking your time at each stage to think about and execute the movement correctly! Repeat 10 on each side, and remember to take your time :)*