

A woman with blonde hair in a ponytail, wearing a black tank top, black shorts with orange trim, and orange sneakers, stands in a gym setting. She is looking down at a black kettlebell on the floor. The background is a concrete wall.

KETTLEBELL **TRANSFORMATION**

HOW TO BURN CALORIES AND BUILD LEAN MUSCLE WITH KETTLEBELLS

Kettlebell Transformation Cheat Sheet: All the Moves You'll Need

If you're going to start training seriously with the kettlebell, then you'll need to employ a number of different moves and can't *just* rely on the kettlebell swing to see you through! This list will help you to build strength, stability and flexibility while building a balanced physique and keeping your workouts fresh.

Kettlebell Curl

Muscles: Bicep

This is simply a curl and involves curling the weight up to you. Great for building biceps and creating muscle tears.

Kettlebell Swing

Muscles: Entire posterior chain, core, shoulders, traps

Swing the kettlebell between your legs and straight up in front of you, keeping your arms straight and using your pelvis to provide the thrust.

Clean and Press

Muscles: Legs, obliques, core, shoulders, biceps, pecs

Squat down to grab the kettlebell off of the ground, swing it up to prop against your shoulder and then press above.

Goblet Squat

Muscles: Quads, hamstrings, glutes, erector spinae

Hold the kettlebell against your chest by hugging it or by crossing your arms just underneath it, then squat down while keeping it in place. You can then use this in order to train leg muscles just as you would do with a regular squat, while at the same time mixing things up by placing the most resistance closer to the front of the body to work the quadriceps a little harder.

Kettlebell Shrugs

Muscles: Traps

The traps all too often go forgotten in our training. Performing kettlebell shrugs solves this problem and lets you target your traps specifically with a very simple movement. Take a kettlebell in each hand and then shrug as though you don't know the answer to a question.

Turkish Get-Up

Muscles: All of them

Lie on the ground next to the kettlebell and then roll onto your back and stand up, pressing the kettlebell in the air with one hand as you do.

Kettlebell Halos

Muscles: Obliques, shoulders, triceps

Hold the kettlebell behind your head with both hands and then swing it around to the front and then back behind you. You should gyrate through your whole body as you perform this movement, as though using a hula-hoop!

Overhead Kettlebell Squat

Muscles: Shoulders, upper chest, legs

Hold the kettlebell directly overhead with extended arms and squat. This is a brilliant movement that not only trains all those big muscle groups in the legs and lower back but also trains your range of motion and challenges you to keep your shoulders fully extended.

American Swing

Muscles: Entire posterior chain

The American swing is a variation on the kettlebell swing that involves swinging the weight up higher to the point where it is over your shoulders and your arms are completely straight (as opposed to having it raised at shoulder's height in front of you).

Kettlebell Crunches

Muscles: Abs

Perform the regular crunch while grasping the kettlebell to your chest. This will add resistance to the regular crunch movement, thereby increasing the challenge.

One Armed Kettlebell Swing

Muscles: Entire posterior chain, extra shoulders

Perform a regular kettlebell swing with one hand but throw and catch the weight in the other hand, then swing with the other.