

The uneven center of gravity that kettlebells represents provides greater challenge for the supporting muscles and balance. The handle allows a greater range of movements. And the swinging motion adds challenge via momentum!

Kettlebells are ideal for weightloss thanks to their ability to provide 'resistance cardio'. You can train your cardio fitness but while against resistance. Use HIIT for maximum benefit.

Kettlebells also have the added advantage of being highly versatile. They can replace dumbbells and barbells in most exercises!

Functional training

Weightloss

Versatile

kettlebells

Basic exercises

- * Kettlebell swing
- * American swing
- * Figure 8s
- * Halos
- * Turkish get-ups
- * One arm clean and press
- * Goblet squat
- * One arm lunge press
- * One arm kettlebell swings
- * Kettlebell crunch
- * Tricep extensions
- * Dumbbell curls
- * Deadlifts
- * Straight leg deadlifts
- * Kettlebell shrugs

More functional tools

Other functional training tools include:

- * Indian clubs
- * TRX/Gymnastics rings
- * Parallel bars
- * Hammer
- * Tire
- * Pull up bar
- * Balance board

Dieting for strength and weight loss

To add the diet to match your goals calculate your calorie burn in a day. Eat a calorie surplus to build muscle and maintain a deficit to lose weight and burn mass. Eat extra protein in both scenarios.