

BASIC EXERCISES WITH KETTLEBELL

Emir Altumbabić
Fitness & Aerobic Studio Life

Professional paper

Abstract

This work is based on the presentation of basic exercises with kettlebells, such as dead lift, squat, swing, clean, press, snatch and get up. The paper presents 7 basic exercises that are used in training with kettlebells. With the help of images, clear positions of the body are displayed during each exercise, in order to explain as clearly as possible learning basic techniques, one part of the work is dedicated to breathing during exercise.

INTRODUCTION

Girja or "Kettlebell" are traditional Russian weights of cast iron in the shape of a ball with a handle. The history of the use of the kettlebell goes far backward, and they were so popular that any man who raised them strongman or a weightlifter was called GIREVIK (kettlebell man), which in translation would mean a kettlebell man. No sport develops strength at the same level as kettlebell, and as such are used most for the purpose of achieving strength.

Who does all train with kettlebell?

Kettlebell as a props is used by top athletes in all sports starting from the weightlifters to MMA fighters, to triathletes, elite soldiers of the special unit, police officers, and recreationalists

of all men and women who are in healthcare opportunity to train, and even children.

Why are kettlebells good for you?

1. Exercising with kettlebell strengthens your gluteus (buttocks)
2. Exercise with kettlebells expands your hip flexors
3. Kettlebell develops the stamina of the back
4. Kettlebells lead to the stability of the spinal column
5. Reduces the possibility of arthritis

BREATHING

Breathing as the basis for proper exercise is considered a very important segment when working with loads. If we want to achieve a good result in lifting, pushing or throwing a load, we must do this with proper breathing. Breathing on the diaphragm is the answer.

Breathing with the diaphragm will make you stronger and your back safer. To understand breathing on the diaphragm, you should be in an

upright position, then breathe on your mouth and try to activate the diaphragm. Once you realize that you have not acted correctly, you will find that this is not the right way. Breathing on the nose is the answer.

Breathe deeply into the nose by activating the diaphragm, then slowly and heavily drain the air through your teeth pushing the tongue out of your teeth by saying "tssssss", while draining the air holding the stomach tight.

After you adopt breathing, try to do the same with kettlebell by performing a pair of dead lifting, squatting or swinging. When lowering the kettlebell, inhale to the nose; when you lift, you drain the air to your mouth through the teeth.

The muscle tension and relaxation are the two sides of each movement. At tension of the muscles we develop strength and power, while with relaxation we develop speed, durability and flexibility. Most sports require both, and along with proper respiration to ensure movement without injury. We need to be aware of how much injuries occur due to unsuitable breathing when performing some of the more demanding exercises.

KETTLEBELL TECHNIQUES

DEAD LIFT

Dead lifting is one of the most effective exercises when it comes to building power and a solid core of muscularity while improving the sporting performance. When done correctly, it will greatly help you to improve body holding and injury prevention. You can view dead lifting as the ultimate expression of the strength of your body, something like a long or high jump. In addition to activating hips, dead lifting also involves the work of the knees and feet.

When performing a dead lifting with a kettlebells, the feet are placed in shoulder width, or slightly wider as needed. The feet are placed in the same line with the kettlebells, perhaps slightly to the heels, but never before the toes. Going down

towards the knee are gently bend, but do not exceed the level of the foot, the hips go back. The back is slightly above the hip level, never disturbing the neutral position of the spinal column.

Picture 1. Shows dead lift with kettlebell



SQUAT

Squat is done by bringing the kettlebells into the level of the breast with both hands or one hand. We place the feet in the width of the shoulder belt with mild rotation to the outside, never more than 45°.

The squat starts with a controlled drop to the level when our hips come in the same line with their knees or slightly below the knee. In doing so, we must never allow our back to lose a neutral position.

Picture 2. Shows squat with kettlebell



SWING

Swing belongs to ballistic exercises performed with kettlebells. This is the basic exercise that is first taught in training with kettlebells, and later on other exercises like clean and snatch are added. If we perfect it, we can get great effects by implementing various variations of the exercise, increasing the fitness capabilities. Swing

is done by putting our feet a bit farther away from the kettlebell. By slightly lowering our body in the position of dead lift, we shift our hands to the handle with neutral position of the spinal column. Kettlebell shoots towards us and with strong pulling back (between legs) we perform the first stage of the execution (withdrawal). After the withdrawal of the kettlebell, an explosive throw to the level of the shoulder belt.

Picture 3. Shows swing with kettlebell



CLEAN

Clean or shortened swing is performed when we want to perform squat or press, but can also be used as a separate exercise. We set the body as

well as the setting for the swing, with the arm sticking with the body's elbow. We do not switch kettlebell over the hand, we rotate with the thumb from inside to outside.

Picture 4. Shows clean with kettlebell



PRESS

In order to perform pressing, we must first bring the kettlebell with clean to below the chin level,

then push up and return to the same position. The body must be tightened, which means that the knees, hips, back and shoulders are locked.

Picture 5. Shows press with kettlebell



SNATCH

For snatch, we can say that it is one of the most demanding techniques that is performed with kettlebell. Snatch is performed with all the moves we use when we want to perform a

swing, but the kettlebell does not end up to the level of the shoulder belt, but above the head, and the performance goes in one continuous movement to the locked position of the elbow and shoulder belt.

Picture 6. Shows snatch with kettlebell



GET-UP

If you want to activate all muscularity of the body in one exercise, then it's Get-up. By performing this exercise, our body passes through all basic human movements (lying, rolling, kneeling, standing, stretching). For get-up, we can say that is multifunctional exercise

where, besides mobility and stabilization, we develop the strength of the whole body.

Exercise is carried out by turning in the lying position to the side of the body where the kettlebell is located and grabbing the handle with the hand we move.

Kettlebell is taken and pressed above the head, where our elbow is in a locked position. We place the body by holding the same leg from the arm in which we hold the kettlebell bend into the knee, while the other leg and free arm are drawn tight at an angle of about 45s. After that, we slowly switch our body to the free side until we rely on the forearm and then on the hand. Then, by gently lifting the hips into the bridge, we move the free leg from forward to back to

the L position and by shifting the center of gravity to that leg, we release the support that we had on our free hand. In the next movement, we pull our legs to the position of lunge, followed by rising. In order for the exercise to be complete, we have to go through the same procedure, but in the opposite direction of the performance, return to the original position.

Picture 7. Shows get up with kettlebell



CONCUSLION

The work is based on the presentation of basic exercises in working with kettlebells. Kettlebelle as a requisition in the preparation of athletes in the daytime play a big role, and as such, they replace a lot of different props. The shape of the kettlebell is such that it makes it easier to use in

training, its position on the hand melts and does not create pressure on the wrist. Frequent usage can be seen more and more in various sporting disciplines, exercises are performed in martial arts, group and individual sports. Techniques performed have a wide range of usage and a direct association with body movements that are common in sports.

REFERENCES

1. Power by Pavel, Inc. 2013, 1st Edition SFG Kettlebell instructor manuel.