

FAT BURNING, BODY SHAPING ADVANCED KETTLEBELL WORKOUT

This kettlebell workout is an advanced dynamic routine that'll burn calories and strengthen and shape your body. If you are not familiar with the exercises use a light kettlebell and spend time mastering technique before lifting heavier weights and performing the workout properly. Kettlebells are a truly effective way of changing body shape, shedding fat and increasing strength and mobility.

Warm up thoroughly by performing some dynamic functional movements such as arm swings, jumping jacks and squats with front arm swings.

EXERCISE:

1. 3 reps, swap over, 3 reps
2. 6 reps
3. 3 reps per side
4. 6 reps
5. 6 reps per arm

SETS:

- Weeks 1 & 2, 2 - 3 sets
Weeks 3 & 4, 4 - 5 sets



DOUBLE JERK

Targets: shoulders, arms and core

1. Grab a pair of kettlebells and clean them to the rack position as shown.
2. Dip slightly at the knees and explosively extend your hips to project the kettlebells upward.
3. Keep your arms relaxed and as the kettlebells get to a position slightly above your head, dip underneath as your arms lock out.
4. Return to the start position by dipping slightly and bending your arms to catch the kettlebells in the rack position.



JUMP SHRUGS

Targets: Legs, core and traps

1. Grab a pair of kettlebells and assume a partial squat position as shown.
2. With a very dynamic motion, drive upwards with the legs until they straighten out and your feet leave the floor.
3. Land in a good squat position and immediately drop into a partial squat and repeat the movement with no pause for the desired number of reps.



HAND SPLIT SNATCH

Targets: Legs, glutes, shoulders, traps and core

1. Assume start position shown with the kettlebell between your legs and your hips back.
2. Perform a power snatch by driving your elbow up whilst keeping it close to your body.
3. As the kettlebell reaches approximately chest height-flip it over your wrist and drop into a split squat position with your opposite leg forwards.
4. Move into a standing position with your arm straight. Rack the kettlebell and assume the start position. Change arms after the desired number of reps.



MACHINE GUN CLEANS

Targets: Legs, glutes and arms

1. Grab a kettlebell in each hand and clean one to the rack position whilst keeping the other at arms length.
2. Drop into a partial squat position.
3. From here perform an alternating clean movement whilst simultaneously squatting so that each time a kettlebell is racked you hit the bottom position of the squat. The trick with this movement is to get into a rhythm and maintain it.



DOUBLE SWINGS WITH ODD WEIGHTS

Targets: Legs, glutes and core

1. Assume the start position as shown holding a different weight kettlebell in each hand, for example a 16kg and a 12kg or an 8kg and a 6kg.
2. Swing both kettlebells slightly behind and explosively drive upwards with your hips to project the kettlebells outwards and upwards.
3. When the kettlebells reach their highest point contract your glutes strongly.
4. Let the kettlebells return to the start position through your legs, keeping your core tight.
5. After 3 reps stop in the bottom position and swap hands with the kettlebells and perform a further 3 reps. The key point is to drive the kettlebells up as explosively as possible from the first rep.

