

Table 1

Kettlebell Swing - Level 1 Workout

About: This workout is designed to help realign and activate the body in the shortest amount of time before you perform the kettlebell swing. Then the goal is to practice the kettlebell swing. This approach would be essential for anyone who has never used a kettlebell before and or sits for prolonged periods of time on a daily basis (works at a desk, drives a lot, too much tv, etc.). Practice each stretch and each movement. Be sure to relax while foam rolling and give it time to get deep into the tissues. During the exercises practice feeling your core brace itself with each & every rep.

- The highlighted boxes in **RED** are the minimum movements you can do for the workout. This workout requires the most exercises & movements to be completed, which will better prepare you for the Level 1 & 2 workouts.
- Each exercise is linked to a video to learn more about the movement.
- Tempo - 2/2/3 = concentric/isometric/eccentric = on the way up / pause at the end range of motion / on the way down

STEP 1 - FOAM ROLL	INTENSITY	SETS	REPS / DURATION	WEIGHT	TEMPO / SPEED	REST
Foam Roll Quadriceps	moderate	1	1-3 min ea.	body	slow & pause	-
Foam Roll Piriformis	moderate	1	1-3 min ea.	body	slow & pause	-
STEP 2 - STRETCHING & MOBILITY	INTENSITY	SETS	REPS / DURATION	WEIGHT	TEMPO / SPEED	REST
Active Kneeling Hip Flexor Stretch	light	1	8 reps ea. leg	-	3 sec holds	-
Static Hamstring Stretch with Active Leg Raise	light	1	10 reps ea. leg	-	3 sec holds	-
Active Standing Calve Stretch	light	1	8 reps ea. leg	-	3 sec holds	-
Elbow to Instep	light	1	5 reps ea. leg	-	3 sec holds	-
STEP 3 - ACTIVATION & MOVEMENTS	INTENSITY	SETS	REPS / DURATION	WEIGHT	TEMPO / SPEED	REST
Floor Bridge	moderate	1	15 reps	body	2 - 3 sec holds	-
Floor Bridge with Marches	moderate	1	10 ea. leg	body	2 - 3 sec holds	-
Quadruped Opposite Arm Leg Extensions	moderate	1	10 ea. side	body	2 - 3 sec holds	-
Straight Arm Planks to Downward Dog	moderate	1	8 reps	body	2 - 3 sec holds at each endpoint	-
Hip Hinge	light	2	5 reps	body	slow & focused	1 min
STEP 4 - EXERCISES	INTENSITY	SETS	REPS / DURATION	WEIGHT	TEMPO / SPEED	REST
Kettlebell Deadlift - This is to continue practicing hinging from the hips with a load	moderate	2 - 4	5 reps	women 12 kg (26 lb) men 16 kg (35 lb)	2/2/3	1 - 3 min
Kettlebell Swing	high	3 - 5	10 reps	women 12 - 16 kg (26 - 35lb) men 16 - 20 kg (35 - 44lb)	-	1 - 3 min
Straight Arm Plank	moderate - high	1 - 3	30 - 60+ sec.	body	-	1 - 3 min
STEP 5 - CARDIO & STRETCHING	INTENSITY	SETS	REPS / DURATION	WEIGHT	TEMPO / SPEED	REST
Run	light - moderate	1	10 - 20 min	-	as you feel	-
Static 90/90 Hip Stretch	light	1 - 2	30 - 60 sec hold	body	-	-