



KETTLEBELL AND HEAVY CLUBS EXERCISE ROUTINE



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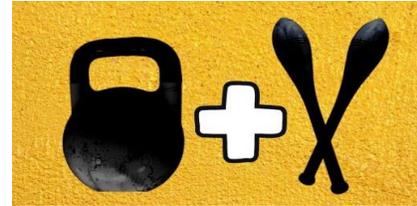
A Fitness Routine Worth Considering

With the provincial restrictions and gym closures during the pandemic, Simon and I had to create a new fitness routine that could be performed in our small apartment with only a few pieces of equipment. I have always loved kettlebells and we already had 2 bells. Simon's done a bit but needed some convincing! With a bit of persuasion Simon was fully committed and we have not looked back.

Here is a bit of history to start with – The Russian *girya* was a type of metal weight, primarily used to weigh crops in the 18th century. The use of such weights by strongmen was recorded for the 19th century. They began to be used for recreational and competition strength athletics in Russia and Europe in the late 19th century. The English term *kettlebell* has been in use since the early 20th century.

What are their benefits? Unlike traditional dumbbells, kettlebell's (and heavy club's) center of mass is extended beyond the hand. The weight is therefore not distributed evenly. Thus, their unique shapes provide an "unstable handling force" which is the key for their effectiveness.

Kettlebells (and heavy clubs) give you the opportunity to move athletically with additional resistance from a variety of angles and more challenging positions. They work several muscle groups simultaneously and may be performed continuously for several minutes. This combination makes the exercise aerobic and more similar to high-intensity-interval-training rather than to traditional weight lifting.



Kettlebell & Heavy Clubs

When training with high repetitions, progression should start out slowly to build muscle endurance, support joints stability, and prevent injury. Like any movements performed with weights, they can be dangerous to those who lack knowledge on proper form. So be careful not to thwack yourself and keep in mind – *“form, then reps, then (and only then) ... weight!”*

We have created a workout following Mark of Wildmanathletica.com program, for heavy clubs we like Zach of criticalbench.com, and we completed our program with some rehabilitation stretches and movements from Cori of Redefiningstrength.com. You can find their videos on You Tube; we have added their links below. We will not go over proper form as they explain and demonstrate the movements well. There are countless sites and experts if you prefer others, the choice is yours.

Here is the format of the workout: warm-up and cool-down are performed every day. Our resistance training usually takes about 45 minutes. Add 10 minutes of warm-up and cool-down and we are at just over an hour. We also go for daily walks, at least two. Our pace is brisk, usually over 5 kilometers an hour, and we typically walk for two or more hours a day.

Warm-up: Perform range of motion for the neck, shoulders, spine, hips, and ankles. Movements should be pain-free and cover all planes of motion (front to back, up-down, side to side, rotations). This will take about 10 minutes.

Cool-down:

We mix it up a bit by doing balance training on a Bosu ball or SIT FIT disc, deep hip squats and mobility training, foam rolling for our legs and hips. The following stretches, from Redefining Strength, we perform daily; Foot Stretch to Bear Squat, Half Kneeling groin stretch, Figure 4 Kickbacks, Active Star Stretch, Prone Snow Angel, Wrist Extension, and 3 Way Neck Stretch



Now for the kettlebell and heavy club workouts:

The general approach is to perform 2 to 3 sets of each series of movement continuously. On the heavy weight series, we aim for 8 repetitions of each movement in one set. For light weight series, we aim for 20 repetitions for each set. Between series we rest for 60 seconds before starting the next series.

We repeat this to ourselves and will repeat it here; *“Always use proper form over heavier weights and work on good breathing techniques.”* Also, if you are confident with your form and the movements are too easy, either add repetitions or more weight.

This is a 5-day workout with two days of active rest.

Day one

Series 1

Clean, Press, and Snatch- using light weight.

1. Alternating Snatch
2. Clean and Press, left hand
3. Clean and Press, right hand
4. Dead Outside Snatch, left hand
5. Dead Outside Snatch, right hand

Series 2

Swings- using heavy weight.

1. Basic Double-Hand, chest level
2. Alternating Single-Hands, chest level
3. Double-Hand Side to side, lateral movement
4. Double-Hand Quarter turn
5. Double-Hand chest pump

Day Two

Series 1

Squats- using light weight.

1. Double Straight Arm (held in front at chest level)
2. Luggage carry, left hand
3. Luggage carry, right hand
4. Cossack
5. 80/20, main leg-left
6. 80/20, main leg-right hand

Series 2

Turkish Get-Up- using heavy weight. (good luck!)

1. Turkish get-up, left hand
2. Turkish get-up, right hand

Although an exceptionally good exercise, it is critical that you nail the technique with light weight before adding more weight.

Day Three

For Heavy clubs, perform each movement sequence for one minute.

FYI, heavy clubs are hard to find in stores. We use heavy hammers (4lbs each), or dumbbells (5lbs) which we grasp at one end. Just be careful not to hit yourself! When your skills improve, you can perform both left and right hand at the same time... but for now keep them separate:

Heavy Club Series

1. Traditional Swing, left hand
2. Traditional Swing, right hand
3. Crescent Swing, left hand
4. Crescent Swing, right hand
5. Alternating Rotational Swing
6. Alternating High Block
7. Alternating Low Block



Day four

Series 1

Clean, Press, and Snatch- using heavy weight.

1. Clean, left hand
2. Clean, right hand
3. Press, left hand
4. Press, right hand
5. Alternating Halo

Series 2

Swing- using light weight.

1. Alternating High Row
2. Alternating Figure 8
3. Side Hammer, left hand
4. Side Hammer, right hand
5. Double-Hand Jumping Jack
6. Alternating Toss and Catch

Day five

Series 1

Squats- using heavy weight.

1. Double-Hand Dead Lift
2. Double-Hand Goblet
3. Double-Hand, Front to Back Rock-it
4. Rack Squat, left hand
5. Rack Squat, right hand

Series 2

Turkish Get-Up- using heavy weight. (good luck!)

1. Turkish get-up, left hand
2. Turkish get-up, right hand

As above stated, although an exceptionally good exercise, it is critical that you nail the technique with light weight before adding more weight.

Day Six and Seven are active rest days. We take longer walks or hikes during those days. We do some farm work, or any other physical activities such as snow shoeing, tobogganing, swimming, rock scrambling, ... You get the idea.



We feel this provides us with a well-rounded routine. Our endurance and strength components are not our only focus. With the added remedial movements, we strengthen our weak spots. The balance and mobility movements assist in maintaining strong joints, and the stretching keeps us agile.

We encourage you to give it a try. There are countless informative fitness videos out there. Research what suits your needs in fitness. We have our favourites, which we share the links to.

Warm-up and cool-down links:

https://www.youtube.com/watch?v=s_mE6SamDoU&t=521s

https://www.youtube.com/watch?v=HbFuRSv_gD0

https://www.youtube.com/watch?v=K4dmZ5_n6uU

<https://www.youtube.com/watch?v=OeZwqe7bfA8>

<https://www.youtube.com/watch?v=3qFYxMXCC3A>

Heavy clubs (Indian Clubs) link:

<https://www.youtube.com/watch?v=SlSim9RLp1g>

Kettlebell links:

https://www.youtube.com/channel/UCVYbUVLrZ6pEBfYV_UyvItA

General info:

<https://en.wikipedia.org/wiki/Kettlebell>

<https://www.menshealth.com/uk/building-muscle/a758657/the-7-best-kettlebell-exercises-to-build-muscle/>