



This routine is part of our Kettlebell for Runners program

- \* 50 running-specific kettlebell exercises.
- \* 8 progressive running-specific kettlebell routines.
- \* In-depth guides for exactly how and when to add to your training.

You can learn more and get yours here

<http://runnersconnect.net/kettlebells-for-runners/>

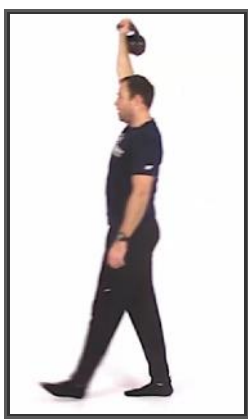
## ***Kettlebell Basic Core and Hip***

1. Kettlebell waiter walk – walk 1 minute each side
2. Kettlebell Halo – 15 rotations each side
3. Kettlebell Reverse Turkish Get Up – 5 reps
4. Kettlebell Side Lunge – 8 reps each leg
5. Kettlebell Half Kneeling Press – 8 reps each leg
6. Kettlebell Static Lunge and Press – 10 reps each side
7. Kettlebell Sit and Press – 12 reps

Take 30 to 60 seconds rest between each exercise

### ***Exercise Descriptions***

#### **Kettlebell Waiter Walk**





Lift the kettlebell, with one arm, straight above your head, with a very strong grip on the handle. The weight should rest on the outside of your wrist. Your wrist should remain straight with elbow locked. Keep your shoulder packed, meaning that your shoulder blade should be held stable, pressed inward toward your chest cavity. Walk around for 1 minute. Focus on keeping your core tight and body in a straight line.

### Kettlebell Halo



Lift the kettlebell with both hands and trace a tight halo — a full circular motion — around the crown of your head. Your elbows should be below your wrists when the weight is in front of your head and above your wrists when the weight is behind your head. Walk for 1 minute, switching directions 30 seconds through.

### Reverse Turkish Get Up



Start by standing tall with a kettlebell in the pressed position above your head. Perform a reverse lunge with your left leg while keeping the kettlebell in a pressed position above your head. Focus on maintaining a tight core throughout the movement.





Lean to your left side and place your left hand on the ground. Keep the kettlebell pointed straight in the air. Your arm should stay locked and you should turn your head to look up at the kettlebell. There should almost be a straight line between your hand on the ground and the kettlebell in the air.

Shift your weight to your right foot, which is planted on the ground, and swing your left leg out from behind you so it's flat on the ground. You'll now be in almost a sitting position with your right knee bent.

Finish the movement by slowly lowering your back to the ground.

### Kettlebell Side Lunge



Hold the kettlebell in both hands in front of you and keep it high on the chest under the chin in order to prevent putting a larger strain on the lower back.

Extend one leg out to the side. When the extend leg touches the ground, slowly bend at the knee while keeping your other leg straight. Using your hips and glutes, fire off the ground and return to the original standing position





## Kettlebell Half Kneeling Press



Begin in a half kneeling position, one knee should be in contact with the ground, the rear hip should be extended with the rear glute braced and activated.

Press the kettlebell over your head, focusing on keeping a tight core. If you find this easy on both sides then reduce your center of balance by bringing your back foot across and more inline with your front foot.

## Kettlebell Static Lunge and Press



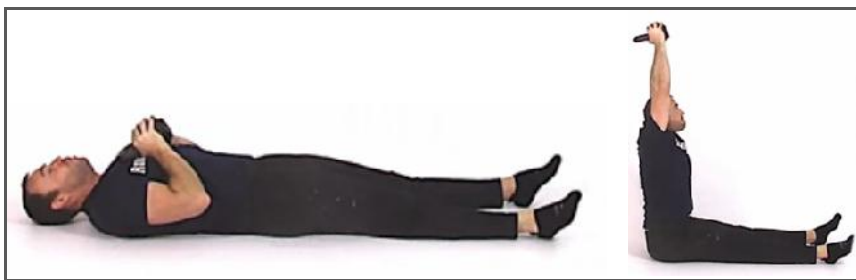
Start in a lunged position (kneeling with one knee on the ground, the other foot planted in front of you). Hold the kettlebell in the “set” position (elbow in, kettlebell about chest/shoulder height).

Begin the movement by driving up with your legs and, at the same time, driving the kettlebell up with a pressing motion. At the top of the movement you’ll be in a standing lunge position with the kettlebell above your head. Keeping your core tight, return to the starting position.





## Kettlebell Sit and Press



Lying flat on the ground, hold the kettlebell with both hands on the chest. Ensure that the legs are straight and toes pulled back.

Using your core muscles, sit up and at the same time push the Kettlebell overhead. Try to push the kettlebell up and back and really lift the chest and sternum. Breathe out as you press up.

Slowly bring the kettlebell back down to the chest as you lower the body towards the floor. Ensure that you keep your heels on the floor throughout the whole movement.

