

CLUB Mills and Kettlebell Swings - Basics

Learning to use clubs and kettlebells will cover a broad variety of body functions. Not only will your coordination improve, your effort will be increased naturally as well. With the club the elbow and shoulder threads through its natural range of motion to create mobility for these joints. The core must function in its natural role to stabilize. Both the Club and Kettlebell have been used for centuries as a training device to pull on body versus compressing.

First simultaneously do all the functions below during your movement:

1. SHOULDERS are packed by firming the elbow and wrist through internal rotation of the arm;
2. EYES are focused towards the horizon so that the top of the head is in line with the tail bone;
3. BREATHING is rhythmic to create contraction in abdominals and abdominal floor;
4. HIPS and knees are providing an adequate route and locking out with strong contraction of gluts and quads;
5. WEIGHT is in the heel and mid foot through the transfer at the bottom of all lifts.

CLUB Swipes or Kettlebell Swings – Swung not lifted.

Core remains extended during the flexion and extension stages of legs with control of breath. Shoulders work through a natural range of motion with the clubs. Knees are extended with contraction of the thighs and butt. Arms guide the weight by contributing but not lifting. Movement feels as if clubs or kettlebell is dipped backwards when you are in the lowest position, moving parallel with the ground. Neck stays in natural alignment with spin.



Hands remain close to shoulders as clubs pass.



Breathe out strong at top!