



## Personal Training Log

CLIENT: \_\_\_\_\_

TRAINER: \_\_\_\_\_

<b>Kettle Bell Workout</b>	Date:	Date:	Date:	Date:	Date:	Date:
<b>EXERCISE</b>	<b>Weight/Reps</b>	<b>Weight/Reps</b>	<b>Weight/Reps</b>	<b>Weight/Reps</b>	<b>Weight/Reps</b>	<b>Weight/Reps</b>
Warm up: Reach Thru	x 10 reps					
Windmill stretch	x 10 reps					
Circuit:						
Kettle Bell swing (2 hands)						
Kettle Bell Press						
Kettle Bell Front Squat						
Kettle Bell Row						
Prone Bridge*	*hold for :30	*hold for :35	*hold for :40	*hold for :45	*hold for :50	*hold for :60
Rest for 1:30-2:00 between each set of the circuit						
Perform each exercise for the number of reps indicated at the bottom of each column in a circuit fashion. Move to a new column each week.	2 sets, 8 reps	2 sets, 10 reps	2 sets, 12 reps	3 sets, 8 reps	3 sets, 10 reps	3 sets, 12 reps

# Reach thru

Set up: Stand straight with the arms out in front. Feet should be a little wider than hip width.

Performance: Flex forward at the hips and slightly bend at the knees. While keeping the spine straight, reach the hands back between the knees to a point just behind the hips. This allows a loading of the hip and low back muscles. From this position, drive the hips forward and allow the arms to swing out. Repeat for 10-15 reps.

Breathing pattern: Inhale deeply at the top of the movement. Hold the breath in on the down stroke. Exhale on the way up.

Muscles worked: glutes, hamstrings, abdominals, lower back, upper back, lats, shoulders

Equipment needed: none



# Windmill (stretch version)

Set up: Stand with the feet spread wide. The left foot should be turned out and the right foot turned inward slightly. Reach the right arm straight up. Place the left hand on the thigh of the left leg.

Performance: Fold forward over the left leg while driving your weight back into the right hip. Slide the left hand down the left thigh towards the left ankle. Keep both legs straight and look towards the right hand as you fold.

Breathing pattern: Inhale deeply at the top of the movement. Exhale on the way down but only during the stretch version of this movement.

Muscles worked: glutes, hamstrings, abdominals, obliques, lower back, upper back, lats, shoulders

Equipment needed: none



# Kettlebell Swing

Set up: Stand straight holding the kettlebell by the handle in either one or two hands. Feet should be a little wider than hip width.

Performance: Flex forward at the hips and slightly bend at the knees. While keeping the spine straight, guide the kettlebell back between the knees to a point just behind the hips. This allows a loading of the hip muscles and makes the first rep a little easier. From this position, drive the hips forward forcefully and allow the weight of the kettlebell to swing forward. Do not try to lift with the arm. The arm is there to connect the hips to the weight and nothing more. Once the bell has reached its highest point (this should be about shoulder height), allow the weight to swing back to the original position and repeat.

Breathing pattern: Inhale deeply at the top of the movement. Hold the breath in on the down stroke. Exhale on the way up.

Muscles worked: glutes, hamstrings, abdominals, lower back, upper back, lats, shoulders

Equipment needed: Kettlebells or dumbbells can also be used



# Kettle Bell Press

Set up: Stand tall with straight posture. Place the feet hip width apart. Hold the kettle bell in the rack position. Shift the weight to the hip of the side holding the kettle bell. Keep the abdominals tight to support the spine.

Performance: Drive the hand up while rotating the palm forward. Press the hand up until the arm is locked out. Then return to rack position. Keep the abdominals tight all the way through the lift.

Breathing pattern: Exhale during the press. Inhale as the arm comes down.

Muscles worked: shoulders, triceps, abdominals, lower back, obliques

Equipment needed: kettlebells



# Kettle bell 2 hand Front Squat

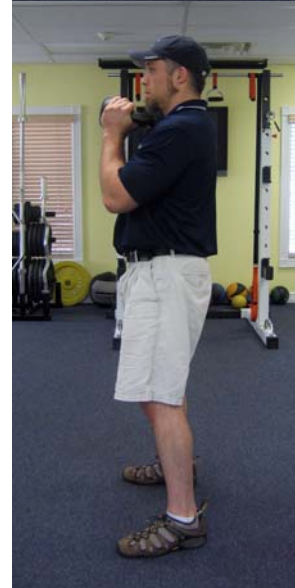
Set up: Hold the handles of the kettle bell at shoulder height, keeping the elbows in close to the ribs. The handle should be touching the collar bone with the fingers wrapped around the handle. Stand with the feet spread to hip width or just a little farther apart, whichever feels the most comfortable.

Performance: Sit back into the hips and bend at the knees until the upper thigh is close to parallel to the floor. Keep the weight on the heels and the back straight. Let the trunk flex forward on the way down. At the bottom, drive through the heels and return to the standing position.

Breathing pattern: Inhale deeply at the top. Hold the breath in during the descent and exhale on the way up.

Muscles worked: glutes, hamstrings, quadriceps, calves, abdominals, lower back

Equipment needed: kettle bell



# Kettle bell Row

Set up: Stand with the back straight but flexed forward at the hips. One leg should be out in front. The other leg should be behind, braced up on the ball of the foot. Hold the Kettle bell in the hand opposite to the front foot.

Performance: While keeping the back straight, draw the elbow towards the ceiling. At the same time squeeze the shoulder blade towards the center of the back. At the top of the movement, draw the elbow in towards the center of the back. Keep the abs tight all the way through the exercise to help support the spine.

Breathing pattern: Inhale on the pull and exhale as the arms extend.

Muscles worked: lats, traps, arms, shoulders, abdominals, lower back, glutes

Equipment needed:  
kettlebells or dumbbells



# Prone bridge

Set up: Place the elbows on the floor a little wider than shoulder width. Extend the legs back planting on the balls of the feet. Keep the hips level with the shoulders.

Performance: Brace the abdominals, and tighten the thighs and glutes. Keep the arms extended and make sure the hips stay on the same level as the shoulders. Hold the position for the desired amount of time.

Breathing pattern: breathe normally

Muscles worked: Shoulders, arms, abdominals

Equipment needed: body weight

**\*\*Note:** To make this exercise easier, plant on the knees instead of the toes.

