

Kettlebell: Dynamic Warm-Up Exercises

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



Directions: For optimal joint mobility and functional movement, perform all the mobility exercises following my whole body **Dynamic Warm-Up**. Do a few reps of each then move to the next exercise starting with upper body and finishing with lower body. Remember, you'll only be as good as your joint function...so *move and Kettlebell WELL Comrades!*

<input type="checkbox"/> RJ Dynamic Warm-Up!	<input type="checkbox"/> Shoulders Back & Down
<input type="checkbox"/> Alligator	<input type="checkbox"/> Shoulder Tap
<input type="checkbox"/> Alternate Arm Raise	<input type="checkbox"/> Standing 'Y'
<input type="checkbox"/> Arm Press	<input type="checkbox"/> Standing 'T'
<input type="checkbox"/> Cymbal Crash	<input type="checkbox"/> Standing 'W'
<input type="checkbox"/> Fast Pitch	<input type="checkbox"/> Swim Stroke
<input type="checkbox"/> Hand Slaps	<input type="checkbox"/> Twist/Turn
<input type="checkbox"/> Head-Thrust	<input type="checkbox"/> Wrist-Paint
<input type="checkbox"/> Head-Turn	<input type="checkbox"/> Wrist-Roll
<input type="checkbox"/> Head-Tilt	<input type="checkbox"/> Wrist-Swim
<input type="checkbox"/> Head-1/2 Roll	<input type="checkbox"/> Ankle Point
<input type="checkbox"/> High Reach & Roll	<input type="checkbox"/> Ankle Roll
<input type="checkbox"/> Jacks Without Jumps!	<input type="checkbox"/> *Pump Stretch
<input type="checkbox"/> Lateral Reach	<input type="checkbox"/> *Z Sit
<input type="checkbox"/> Leg Swing	<input type="checkbox"/> *Halo (+KB)
<input type="checkbox"/> Scare Crow	<input type="checkbox"/> JoneZen ☺

**Advanced or Optional Exercises*

* Ron Jones (6.6.08)