

# Kettlebell: Basic Exercises

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<b>Foundational Kettlebell Exercises</b>	<b>Technical Notes</b>
<b>0. Hard Lockout!!!</b>	Before you can even pick up the KB and begin, you must know how to apply muscle tension and lockout your core and protect spine!
1. Deadlift	Use Face-the-Wall and Box Squats to assess and correct any compensations then move to Deadlifts. Use HARD LOCKOUT to finish squats, deadlifts, and exercise progressions below.
2. Goblet Squat	Use Deadlift position to pick up KB by horns. Hold KB close to chest. Maintain good posture. Descend into deep squat while keeping KB close to chest and elbows inside of knees, pause to feel hips stretch, then use good mechanics to come out of bottom position with glutes into lockout.
3. Swing	Use deadlift pattern without rounding back as you “hike” KB between legs. Swing back up to chest level with hard lockout.
4. Clean	Combine swing with tight arc to rack KB at chest level with hard lockout and packed shoulder.
5. Press	Combine swing and clean to press KB straight up over shoulder with hard lockout and packed shoulder.
6. Turkish Get Up (TGU)	Use foundational KB strength from above to work whole body while emphasizing shoulder mobility and stability.
7. Snatch	Combine all the ability gained from above for this whole body test of power. Swing then explosively high pull and punch the KB straight over shoulder with hard lockout.

\* Ron Jones (10.9.09)