

Kettlebell: Dynamic Warm-Up Exercises

(Ron Jones, MS, RKC, ACSM Health Fitness Specialist, Corporate Wellcoach)



Directions: For optimal joint mobility and quality 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. 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"/> Scare Crow
<input type="checkbox"/> Alligator	<input type="checkbox"/> Shoulders Rolls
<input type="checkbox"/> Alternate Arm Raise	<input type="checkbox"/> Shoulder Tap
<input type="checkbox"/> Arm Press	<input type="checkbox"/> Standing 'Y'
<input type="checkbox"/> Breast Stroke	<input type="checkbox"/> Standing 'T'
<input type="checkbox"/> Cymbal Crash	<input type="checkbox"/> Standing 'W'
<input type="checkbox"/> Fast Pitch	<input type="checkbox"/> Swim Strokes
<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-½ Roll	<input type="checkbox"/> Ankle Point
<input type="checkbox"/> Head-Lower & Lift	<input type="checkbox"/> Ankle Roll
<input type="checkbox"/> High Reach & Roll	<input type="checkbox"/> Pump Stretch
<input type="checkbox"/> Jacks Without Jumps	<input type="checkbox"/> Z Sit
<input type="checkbox"/> Lateral Reach	<input type="checkbox"/> JoneZen-Fast&Loose ☺
<input type="checkbox"/> Leg Swing	<input type="checkbox"/> Glute Clench Drill

* Ron Jones (2.1.10)

➤ More KB Info @ www.ronjones.org/Coach&Train/BodyXerciseLibrary/Kettlebells/index.htm