

## Introduction to a Kettlebell Swing

Hey team!

So this video is meant to work you up to doing a bent arm kettlebell swing. Before you even begin thinking about swinging there are some key tips and rules to the swing, along with some drills to ensure that your technique is perfect before moving on to the swing.

**First**, you want to engage your shoulders and stand with a tall chest like SUPERMAN or Super-WOMAN or however you may identify. Think proud chest but drop those shoulders back and down.

**Secondly**, pop that booty out like an insta-thot. Imagine that your pelvis is filled with water and you want to tilt it out so you want to place a slight arch in your lumbar spine.

**Lastly**, push that butt out as you descend into the hip hinge. The position has your shoulders still about your hips.

### Drill 1: KB Hold

Stand directly over the kettlebell and find the starting position. When you grab the kettlebell, act as if you were going to break the handle and engage your shoulder blades. Lift the kettlebell off of the ground about 6 inches and hold.

### Drill 2: Leg Drivers

Once you find the starting position, lift the kettlebell a few inches off of the ground and begin to swing the kettlebell back and forth, maintaining the length throughout the arms and the proper position. Keep the hips below the shoulders and you should feel your hamstrings activate.

### Drill 3: Chest Swings

Pick up the kettlebell up and drive the bottom of it into your chest. Before you pick up the speed of the motion, perform a few good mornings to get the feeling. Once you get the motion down, pick up the pace to mimic the swing pattern in which you will be driving your hips back and forth.

### Drill 4: Hike Swings

Place the kettlebell slightly in front of you and lean it in. Find the starting position and allow the kettlebell to swing in, stand all the way up with bent arms, swing it back between your legs and then back to the starting position. Reset and find the starting position and repeat the motion, ensuring that your shoulders and core are engaged and you are utilizing your hips and not your lower back.

### Drill 5: Bent Arm Swings

Find the starting position and lean the kettlebell in. Allow it to swing in, stand all the way up with bent arms. The kettlebell should be weightless at the top of the motion. Perform

continuous swings for repetition. If you feel your back begin to take over, reset back to the hike swing and even drop back down to chest swings.

I would love to see your swing progressions so let me know if you have any questions and please record your exercises! I will give feedback, especially if you ask for it! I am always on my phone so I will respond to your message as soon as I can.

#BUIL DANEMPIRE,  
Rock