

# The Ultimate Guide to: The Kettlebell Swing



by  
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The author and publisher of this book are not responsible in any manner whatsoever for any injury which may occur through reading and following the instructions herein. Above all else, use common sense.

**The Ultimate Guide to the Kettlebell Swing**

**By Dave Hedges / Feb 2015**

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## Contents

- 4 Introducing the Kettlebell Swing
- 5 Common Errors
- 7 1 Arm Swings
- 9 Personalising the Swing
- 11 Double Kettlebell Swings
- 13 The Bow & Arrow Analogy
- 16 Ask Dave: So How High Should I Swing My Kettlebells
- 25: About the Author
- 26: Also Available

## Introducing the Kettlebell Swing



Thanks for downloading this Ultimate Guide to the Kettlebell Swing

With more and more people jumping on what has become the Kettlebell bandwagon, it is inevitable that there is a watering down of information.

So many fitness instructors are taking mickey mouse weekend certifications that teach a dozen or so lifts in no real detail and expect only mild competency with a Kettle in exchange for a pass mark, never mind an understanding and ability to pass on this understanding.

The fitness industry is looking solely at the bottom line, and the injury rate from Kettlebell classes is going up as a result.

The image to left is of world famous celebrity fitness instructor and star of those horrible Biggest Loser programs, non other than Jillian Micheals. A person as well known as her with such a following to show the form in that picture is both criminal and irresponsible. The reasons why will become clear as you work through the information presented in this document.

So over the next few pages I'll be posting the methods used at Wild Geese. Methods that have been approved by Steve Cotter and Vasily Gincko, methods that have been used on hundreds of clients from every walk of life to get them moving better and developing strength and fitness levels that are transferable to their lives outside the gym (I think that's called functional training?!)

These are the methods that earned me and my Kettleheads GS Team several medals Kettlebell Sports championships, and the same methods that helped me overcome serious back injury from more traditional weight lifting techniques.

The first video starts right at the beginning of anyone's kettlebell journey, the two handed swing, watch and enjoy.

<http://www.youtube.com/watch?v=r-urxWm0z2c?hl=en&fs=1>

If you are just starting out with the kettle, I must stress that [books](#) and videos cannot come close to getting hands on instruction from a reputable coach, but please do your homework and ensure the coach has a good, well earned reputation.

The information presented here is the same as in my Level 1 workshop, keep an eye on the side bar for the next upcoming dates, or give me a shout and I'll come to your gym or studio and teach there.

## Correcting Common Errors.



In the last post I gave you all the tools you need to successfully swing a kettlebell, how can I say this with such certainty? Well it's the exact method I use day in, day out here at Wild Geese. But it doesn't end there.

People learn in a strange manner, I'm sure I could ask Nessa Canavan from RehabCare HOPS, she oversees the welfare of many people struggling against Mental Illness.

Nessa has lectured me about the way people learn and all the theory behind it, but to be fair, after over 15+ years standing in front of classes and clients I've come to my own conclusion.

Learning, for many, not all, follows the path of a human growing up. Initially it's all attention, then the teenage years kick in and it's "yeah whatever, I know best" followed by one of two paths, improvement or destruction.

In a training environment it goes like this:

First the students listen and grasp the basics, the baby years.

Then they start to slip as they become familiar and complacent with the technique. This is the teenage section and needs nipped in the bud.

Corrected early the client will go on to make fantastic progress, left alone and the client will most likely hurt themselves.

The video below covers the most common errors:

- Sitting back too early
- Disconnecting the arms from the hip
- Disconnecting the shoulder from the body
- Squatting as opposed to Hinging



And yes, this image to the right found on google images shows all those errors in one picture.

Once these are adequately fixed, most students find their progress accelerates beyond their expectation and in no time at all they're ready to move onto the 1 handed swing and other variations which we'll be covering later on.

In the mean time, watch and listen to the video and see if any of the points raised apply to you.

Here's the video:

<http://www.youtube.com/watch?v=tQygYfKrqj0?hl=en&fs=1>

As always, use common sense when trying anything new and always do your best to get hands on instruction, these videos are no replacement for time spent face to face with a good coach.

## 1 Arm Swings



Once you've mastered the two handed swing it is only natural to move to the single hand version. This then forms the foundation for all future kettlebell work as the bell is usually held in a single arm for lifts such as the clean and snatch, or you hold a bell in each hand for more advanced lifting.

Like all unilateral or single limb exercises the single arm swing is extra challenging

for the core musculature.

We discussed in the last episode the importance of keeping the shoulder blade anchored and the back arched, these points become even more important now. When the bell is held in both hands, the load is spread across both shoulders and the force is directed through the core in a purely sagittal plane (front to back) and the core is preventing the spine from being pulled into forward flexion.

Now with the bell in one hand the force is travelling through the body in a diagonal, or more accurately spiralling, pattern from the loaded shoulder, through to the opposite hip. This, if unresisted will pull the spine into forward flexion AND rotation.

It is the job of the core musculature to protect the spine and keep it safe.

Many of my clients after learning the one handed swing tell me it leaves their abs more tired than a hundred crunches!

Keeping the shoulder anchored is also of greater importance, all the centrifugal force generated by the bell swinging is being directed through one shoulder. If the Shoulder blade is not anchored down there is a risk of rotator cuff injury. this is most problematic at either end of the swing, the top where many relax the shoulder allowing the bell to pull them forwards and the bottom of the swing where the body is in a stretched position.

So done right the single arm swing offers an excellent opportunity to strengthen injury prone areas of the body (upper and lower back) while developing an extremely strong and reactive core unit and a huge amount of endurance while you're at it.



Done wrong (see image to the left) and you run the risk of pulled muscles around the scapula and low back pain.

With proper instruction (which this video is no replacement for.....) and slow, gradual progress, the rewards outweigh the risks tenfold.

As always, progress slowly and do your best to find a GOOD instructor (they do exist, you just have to do your homework).

Here's the video

<http://www.youtube.com/watch?v=83z6cfXwB6E>

We teach the single arm swing as part of our Level 2 workshop.

## Personalising the Swing



There's Hard Style and Fluid Style, but only Wild Geese swing so fast the air catches fire!

In this section we look at personalising the swing. This lesson consists of two parts, the 2 main styles of swing and the walking swing.

### Style of Swing

There are two main styles of kettlebell swing, the so called Hard style and the so called Fluid style.

The differences are arbitrary and the constant bickering over the internet about which is best is redundant. Both styles have value and in my own training I employ both but for different reasons.

The Hard style involves a large amount of tension in the body while the fluid style does it's best to remove

tension. It's like Karate vs Tai Chi, both martial arts capable of causing great damage to a body, but to the layman they look completely different, yet with a bit of digging we see that the similarities outweigh the differences.

The same with the schools of kettlebell lifting.

Have a look at this video where I demonstrate both methods and talk about how best to use each for a given outcome:

[http://www.youtube.com/watch?v=\\_j5hC1SUqJ4](http://www.youtube.com/watch?v=_j5hC1SUqJ4)

As I say in the clip, take both methods, play around with them both and figure out which best suits your training goals.

From a purely conditioning standpoint the Fluid swing is superior, but for high intensity intervals and circuits, the Hard style is a better fit.

For brand new clients with poor posterior chain and core strength, the hard style is a better fit if they can coordinate it, if not a relaxed, fluid style swing with a light load will help groove the hip movement.

Do not ever follow a dogmatic instructor who insists on one way only.

### Walking Swings

We like walking kettlebell swings, they're fun and exhausting. They're a great way to mix up your training as well as add a coordination aspect to your routine.

You need to start out carefully with this, the fact that you are moving yourself and the kettle

requires a little extra awareness and concentration.

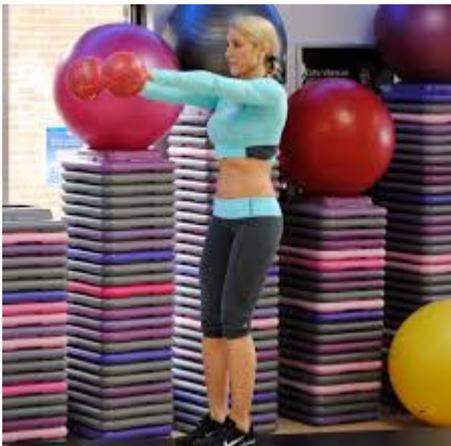
Is there any athletic advantage to walking swings? Possibly, after all the swing is one of the finest lifts for posterior chain development, now we add in a directional and timing element. I wouldn't make this a cornerstone of training, but as part of a conditioning workout or as a warm up it is exceptional.

Watch this video then get out and have a go, with caution and common sense, of course:

[http://www.youtube.com/watch?v=Y\\_wmg5RgXDI](http://www.youtube.com/watch?v=Y_wmg5RgXDI)

As always, apply common sense to your training and make sure you have a bit of fun as well.

## Double Kettlebell Swings



This is the final part of the Kettlebell Swing Tutorial series. If you've followed each stage through, you may well be ready for this final part, the double kettlebell swing.

Double kettlebell swings are far more intense, you're not only using more weight, but the bells are able to move independently of each other. This takes extra stability through the body in order to maintain control of the two swinging wrecking balls.

Practising the double swing will develop a high level of strength and work capacity, it's hard work, but it's well worth it.

In the video I explain the three main methods for swinging two kettles. these are:

- Inside the legs, or standard double swing
- Outside the legs
- Alternating

The inside leg swing is the first one you should go to, it's a natural progression from single kettlebell work to double kettlebell work. The inside leg swing is also the precursor to the clean, if you wish to add double clean and press or long cycle into your training, you must master this movement.

Obviously you will need a wider stance than with a single bell and it is very important to keep the core active.

The second style is the outside leg swing. This is actually a favourite of mine and a drill I utilise a lot. This requires a narrow stance, the bells will be swinging past the outside of the knees, so you want to keep them out of the way.

As the bells swing back, you must sit back, the arms should not go into hyper extension, sit back so that they are in line with the body. This puts a huge load on the upper traps, so expect to be sore the next day. From there explode upwards and let the bells swing.

The third variation is one I rarely see. It was taught to me by former Kettlebell sport world champion Vasily Ginko several years ago and I've not seen anyone else use it. It's the double alternating swing.

The set up is the same as the outside swing, except the bells travel in opposite directions, one forwards, the other back.

This is a fantastic core strengthening drill, especially for rotation/counter rotation. I do urge you

to be very cautious with this, it can pull you off balance quite easily.

Done right this will build a great deal of strength and stability through the midsection, it's a great drill for anyone involved in contact sports.

Here's the video:

<http://www.youtube.com/watch?v=krvKjp9wK8g?hl=en&fs=1>

This next video is a bonus featuring some swing variations that are rarely seen or used. All the drills shown here move in the frontal plane (side to side).

Most exercises, including the majority of kettlebell lifts travel either horizontally or vertically in the sagittal plane. These are different, they travel laterally across the body filling in a gap that may be left out in a standard training program. If you use Indian Clubs or Clubbells in your training, you may already be familiar with these moves.

They are: Lateral swings, Circular cleans and pummelling.

Each one of the lifts will require you to turn the hip and waist, which is the key to power generation in the real world. Pay particular attention to how the lower body and feet turn and move, failure to turn the foot or sit into the hip will put strain into the knee. But moving well helps you learn to protect the knee for when cutting or changing direction.

Practice caution with these, ensure your technique is on point before adding volume or weight to the drill. If you rush into these you are looking at shoulder, knee or even back injury. Keep the shoulder blade packed down, rotate from the foot and hip to avoid torquing the knee and keep the core tight.

Then, have fun. Here's the clip:

<http://www.youtube.com/watch?v=YolF5ysSwTI?hl=en&fs=1>

## The Bow & Arrow Analogy



Recently I have been likening the kettlebell swing to shooting an arrow from a bow.

I'm not entirely sure when I came up with this but ever since it's become a very effective teaching tool.

Just last weekend while teaching a seminar at Dolan Fitness in Tullamore, as soon as I made the analogy heads started nodding.

So lets share the story.

The swing is very often taught very badly. People who rely on [YouTube](#) for their education often find themselves watching terrible tutorials that they trust because they have a "name" attached. To name names: Jillian Michaels, Reebok and Crossfit. These guys are responsible for a lot of misinformation.



Pop goes the lumbar, thanks Jillian

The swing is supposed to be just that, a swinging action, the bell travels in an arc from between the leg to the front of the body. This means you must hinge at the hips.

If, like many you are squatting as opposed to hinging, then you are not swinging efficiently. And kettlebell lifting is ALL about efficiency. To be fair, I can't think of any reason why I would wish to train myself to be anything other than efficient.

Part of this efficiency is in utilising the little tricks hidden within our physiology.

We have a thing called the stretch shortening cycle, better known as the stretch reflex. And like all reflexes it triggers a far stronger response than we could consciously call into action. If we perform a proper swing then we can activate the stretch reflex through the whole back side of the body.

By focussing on the back swing, pushing the bell through the legs we will pike the body, hinging at the hip. The position we get into is very close to a standing hamstring stretch, which is no bad thing.



The back of the swing, note the hip hinge loading the hammies

The bell accelerating back putting us into a stretch is exactly what helps us fire it forwards again. Stretched muscles can only do one thing, contract. And contract they will, it is the job of the stretch reflex to contract a muscle if it is aggressively lengthened or it approaches what is perceived to be its maximal length. A reflexive contraction is much more powerful than a conscious contraction. Of course we consciously swing the bell, but we add the stretch reflex as a kind of turbo boost.

The whole thing puts me in mind of shooting an arrow from a bow. The first thing we need to do is draw the bow, moving the arrow backwards, stretching the bow and bowstring building up the potential energy. When the bow is fully stretched we release the string. The recoil of the bow propels the arrow forwards, once the arrow breaks contact with the string it continues it's flight even though we are exerting no more force on it.

This is exactly how we swing the kettle.  
We swing it through the legs stretching out our



posterior chain (hamstrings, glutes, back), as we reach the stretch we bounce of the stretch reflex and propel the kettle back along the same path, as the body comes straight we are no longer exerting any force onto the bell yet it continues to travel, if we let go it would fly forwards, we don't so it arcs upwards.



If we were working at the top of the swing, this wouldn't be possible

If you find your thighs burning, then you're probably squatting rather than hinging. If you're not sure, then have a look at this little tip that world renowned Kettlebell instructor, Steve Cotter posted up a while ago.

You'll notice that unlike the "Guru's" Mr Cotter credits the info in the video to another kettlebell expert. This is what Steve does, he goes around the world learning from the best, then he brings that information to us, the unsuspecting public.

Watch this:

<http://www.youtube.com/watch?v=rt3Vq3g0Usc>

Regards

Dave Hedges

## Ask Dave: “So How High Should I Swing My Kettlebell?”

Over in the ever entertaining world of [facebook](#) I've been watching people debate, argue or simply ask about the correct height that you should swing your kettlebell to.

In this post, I hope to answer this question and provide enough info to stop the nonsense chatter that and opinionated misinformation that is currently flooding the interweb.

So, how high should the swing go?

The answer, the ONLY answer is this:

***IT DEPENDS.***

Yup, that's it.

It depends on:

- Your training outcome for that workout
- Your overall training goal
- The weight of the kettlebell
- Your physical capability

Lets go through these point by point:

### **1: Your Training Outcome for the Workout**

So, you're swinging the Kettlebell, why?

No really, why?

Is it because its cool to do?

You saw it on telly?

The magazine you just read said the dude playing Superman in the new movies uses swings in his training?

Is it because it smokes your posterior chain while providing a cardio benefit?

Is it assistance work for your Deadlift?

Are you using as CNS activation prior to a heavy lift?

Is it part of a metabolic circuit?

Is it to improve your performance in Kettlebell Sport

Is it because it is one of the few lifts that allows you to train a horizontal hip action in a standing



position?

Well?

This is important, because it will determine how you use the swing and consequently the finish height.

## **2: Your Overall Training Goal**

You have one right?

Complete this sentence:

I train because.....

How you answer this will determine the place of the kettlebell swing in your program.

## **3: The weight of the bell**

How heavy is your kettle?

The heavier it is, the less it will travel. Simple physics.

One of my Girls, Maria recently performed sets of 3 reps with a PAIR of 32kg bells, the total weight of the bells was a full 10kg more than her bodyweight, they didn't go much higher than her hips.

How high can you swing a weight that is 118% of your bodyweight?

## **4: Your Current Physical Condition**

How's your back?

How long have you been training?

Are you an experienced kettlebell lifter?

Are your hip flexors tight?

Are your glutes firing?

Do you pull with the shoulders?

Is your mid back engaged?

So you can see, the question is fairly in depth, it isn't a case of you *MUST* do this or else!

So what do I recommend as a coach?

First off, lets look at what the swing is.

The swing is NOT a lift.



This is what should happen if you let go of the bell at the top of the swing

There I said it.

The swing is a *THROW*

That's right, it's a ballistic action, if you let go of the bell at any point in the action it will fly away from you, if you let it go as it travels up past your waist, it should continue to travel upwards, any lower and it flies forwards.

The swing relies on the stretch loading of the posterior chain to propel it forwards and up. That means that the back swing should be emphasised MORE than the upswing.

As the bell travels through the legs, the body hinges at the hips which stretches out the rear side of the body as the bell begins to load it. The [centripetal force](#) during the swing and the centrifugal force at the terminal point of the back swing mean that the force that the posterior chain must arrest and reverse is far greater than the number written on the bell.

This is where the magic lies with kettlebell work for general fitness or athletic performance, it's the ballistic loading, the activation of the stretch reflex and the stimulation of the fascia.

The faster that bell swings back through the legs, the more of a stretch response you'll get to fire it back upwards.

### **The hip drives the bell.**

As the bell finished it's back swing and reverses direction, the body starts to unfold. The hip straightens out due to the contractions in the hamstring, back and glute, as this happens the arm should stay in contact with the torso. This means that the hip extension is transferring force

mechanically into the arm and therefore the bell.

Once the hip is fully extended, even hyper extended (the hip, not the spine!), the momentum of the bell will continue onwards in an arc centred on the shoulder joint.

The shoulder must be secure, i.e., the scapula is controlled. Excessive tension here can be as problematic as excess relaxation as the bell continues up. Too much tension in the upper and mid back and the scapula will become immobilised and the shoulder joint function is reduced, too little tension and the bell can pull the shoulder out and cause rotator cuff strain.

This scapula control should be a major consideration in determining when a client is capable of increasing reps and/or force production (via increased weight, height or speed).

So lets assume, we have a good hip hinge, we have nailed the arm-torso connection and are driving our hip forwards to propel the bell out, initially using the hip as the axis up until full hip extension is reached in which case the shoulder becomes the axis.

### **Now we can look at how best to apply this to our wants and needs.**

- I want to look gorgeous! Good for you, just swing lots and stop eating shit and you'll be fine.
- I want to run faster! Sweet, concentrate on driving the bell backwards for moderate rep counts. Try having a mate stand in front of and actually pushing the bell down!
- I'm a cyclist! The the swing could be your best friend, focus on high reps done with high quality and you'll actually unwind that horrible cycling posture you walk around in!
- I aim to build a better Deadlift! Nice one, swing heavy bells for moderate reps to get that lower back really strong, keep them explosive to really activate the posterior chain.
- I will be competing in Kettlebell Sports! Coolio, swing a LOT, keep it loose and relaxed and do high reps to develop that base of conditioning and also the grip endurance.

### ***But Dave! How high should it go?***

Ah yes, the point of the article, I almost forgot!

How high does a swing travel to be a swing?

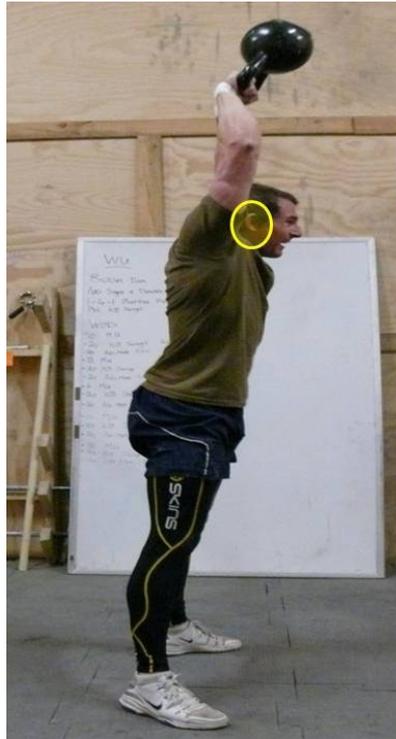


Image stolen from Thierry Sanchez's blog.  
Click the image and watch the video he embedded, hilarious!

Again, this comes down to a question of priorities. In essence the swing is an exercise to train hip extension, simple as that.

So once the hip is extended, the work is done.



In a [previous post](#) I spoke about the Bow and Arrow analogy I use to describe the swing. In it I say that in order to shoot an arrow, you draw it backwards, tensioning the bow and string. When you release the string, the bow snaps forwards propelling the arrow forwards.

Once that bow is fully extended after you release the string and arrow, it adds no further force to the equation, so the arrow is travelling purely according to

momentum from the instant it breaks contact with the swing.

The Kettle is the arrow and your posterior chain is the bowstring. As soon as the hip is fully extended, momentum will carry that bell onwards.

The height it goes to is totally dependant on the force produced, more force, the higher the swing.

In order to quantify the swing as a rep, to give it three green light, we must set an end point. That's assuming you need to quantify it, maybe you are performing a test of some sort.

In that case, the easiest quantifiable point is when the arms become parallel to the floor with the kettle straight out from the arms (centripetal force still in tact).

If you're working heavy, say doing double swings, then a lower swing is appropriate, say waist height.

Going higher than this parallel point is unnecessary.

*Erm Dave, there's that American Swing thingumy.*

Yeah, coming to that!

First of all, the swing is dual purpose.

Think of the way a Power lifter treats a deadlift compared to an Olympic Weightlifter.

To a power lifter, the deadlift is an ends in itself, it is the big lift.

For a weightlifter, it's merely assistance work to their main lifts.

Swings are the same. For the vast majority the swing is a tool in itself. But for others it is a tool for grooving in the bottom section of the clean and the snatch.

If you wish to improve your snatch, there's no need to swing higher than the waist, in fact the arm need never break contact with the body during the swing at all. You should also always use single handed swings.

For general fitness, swing to the parallel position and mix it up between single and two hand versions.

If you plan on swinging high, know why you're doing it.

If you must swing high, don't go over eyebrow height, especially with a two handed swing.

That means I've just ruled out the American swing from your training program.

To swing a bell to that height requires a LOT of force otherwise you'll just end up pulling it with the shoulders. Why not just grab a bigger bell and swing properly to a lower height.

Don't have a lighter bell? Well take a tip from the Hard Style crew, as you hit chest height, powerfully contract those lats to arrest the upward motion and fire the bell back with force. This will increase the speed of the bell, which will increase both centrifugal and centripetal fore and bang, it's mass at the turn around point behind you will go up almost exponentially!



correct swing technique loading the posterior chain and activating the stretch reflex

A lot of people let technique suffer in order to get the bell travelling overhead, most will switch to a squat style of swing. This is common enough in run of the mill gym and boot camp classes, but is incorrect usage of the swing. If you want to use a squat action, then do squats.

Why do people lose the hip hinge and turn to squatting for high swings?

To make it easier.

Rather than throwing the bell, they push with the leg (hip hinging is a pull, squatting is a push) and lift with the shoulders leading to a much more vertical path for the bell and subsequently less effort.

Kinda defeats the purpose doesn't it, you use a lift that requires a lot of effort and essentially cheat it while training poor movement patterns.

Cooooool!

Next is the finish position.

How's your overhead flexibility?

Stand up.

Link your hands together.

Lock your knees, tense the glutes and brace the abs.

Now raise your arms overhead.

If your biceps are besides or even behind your ears, congratulations, you have good range of motion.

If your arms are forwards of your head or you have to arch the lower back and really elevate the chest to get here. You suck.

If your head is jutting out forwards. You Suck.



If you don't look like this, stay away from American Swings

The above image shows where you are aiming to end up with the American Swing. I think you can see the potential problems. Much of the issues come from having such a close grip with both hands on the kettle, most shoulders simply can't tolerate this, especially if the hip flexors and/or thoracic spine is tight.

So what about single hand swings overhead, can we do them?

Absolutely, we call them Snatches!



Ksenia Dedukhina snatches 202 reps with 24kg. 1 hand change. New world record and first women to hit the 200

With a single arm lift, we're not going into terminal end range of the shoulder on every rep. We can circumnavigate certain issues around the shoulder by locking out slightly to the side or forwards and leaning the torso slightly away.

If you want to quantify a swing, then the snatch really is the best option as it has a defined stop at the lockout position.

Quantifying the simple swing it a bit like an Oly lifter trying to quantify the high pull rather than their snatch.

So, to wrap up.

- Swing. Do them, do lots of them.
- Before you add weight, height or reps, add quality.
- Focus on the hip hinge and the back swing.
- If you want to go overhead, Snatch.
- If you can't be bothered learning to snatch correctly, go join Zumba

## About the Author



Dave Hedges owns and operates Wild Geese Fitness Training in Dublin, Ireland.

He took up training with Kettlebells initially after reading about them online soon after the Dragon Door company began publishing information, around 2005.

Following a martial arts related back injury, the kettlebell became Dave's primary training tool and played a huge part in rehabilitating his back and bringing him back to strength.

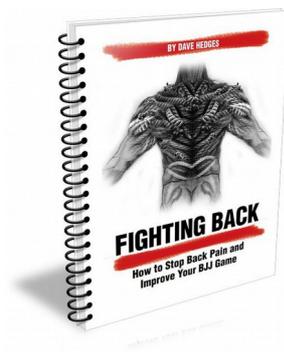
Since then Dave has trained under former world champion and record holder, Vasily Ginko and also world renowned kettlebell expert, Steve Cotter.

Dave runs regular kettlebell classes open to the public, provides personal training and competition preparation to a variety of people including Kettlebell Sports athletes and competitive Martial Artists.

He also runs workshops around the country including a Kettlebell instructor program.

For more details and information, visit [www.wg-fit.com](http://www.wg-fit.com)

Also check out Dave's eBooks available from Wild Geese Marital Arts:



### **Fighting Back: How to Stop Back Pain & Improve your BJJ Game**

Aimed at the BJJ community to prevent injury and boost performance.

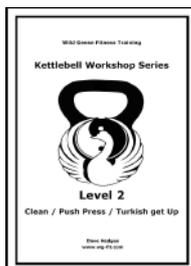
Click on the image for more detail.



### **Level 1 Kettlebell eBook**

Detailed instruction on the Swing, Goblet Squat and Press.

Click the image for more detail



### **Level 2 Kettlebell eBook**

Detailed instruction on the 1H Swing, Clean & Push Press and the Turkish Get Up.

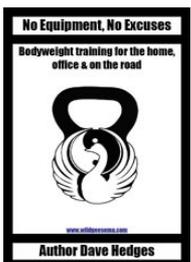
Click the image for more detail



### **Level 3 Kettlebell eBook**

Detailed instruction on the Snatch and Jerk

Click the image for more detail



### **No Equipment, No Excuses: Bodyweight Training for any Location.**

A complete guide to equipment free fitness.

Click the image for more details