

Kettlebell Training Progressions for Kids

(older youth athletes)

Kettlebell Athletics

Jason C. Brown

Pamela MacElree

Terminology

- Biomechanics – the area of study wherein knowledge and methods of mechanics are applied to the structure and function of the human system.
- Kinesiology – the study of human movement from an anatomical or mechanical perspective or both.

Newton's Laws of Motion

Newton's First Law, The Law of Inertia – a body will remain at rest or in motion until acted upon from some outside force. A heavier object requires more force to overcome its inertia and set the body in motion. A heavier object would also require more force to stop or alter its motion.

Newton's Laws of Motion

- **Newton's Second Law, The Law of Acceleration** - force is the product of mass and acceleration. Acceleration is proportional to the force acting upon the body and is in the same direction as the force.

Newton's Laws of Motions

- **Newton's Third Law, The Law of Action-Reaction** – for every action, there will be an opposite and equal reaction.

Progressions - Squat



1 – Sit back with your hips 2 – Keep your weight in your heels 3 – Back should remain flat, not to be confused with vertical 4 – Look out to the horizon 5 – Thighs should get parallel to the ground.

Progressions – Short Stop



The short stop position is the athletic stance from where many Kettlebell exercises begin and end. The main purpose is to understand the difference between this position and a squat.

Kettlebell Swings



1 – Start in the short stop position 2- Position the Kettlebell about 12-18 inches in front of you on the floor 3 – With both hands on the handle hike the kettlebell back behind the hips 4 – As you stand fully extends the hips and knees, and contract the glutes 5 – The Kettlebell becomes an extension of your arms 6 – Let gravity assist the weight of the Kettlebell back behind the hips 6 – The height of the swing can range from rib height to just above eye level.

Kettlebell High Pulls



1 – Start in the short stop position 2 – Position the Kettlebell between the feet 3 – With both hands on the Kettlebell have the Kettlebell follow a vertical path from the floor 4 – As you stand fully contract the hips and knees and contract the glutes 5 – The elbows remain higher than the Kettlebell, the bottom of the Kettlebell faces the floor 6 – Once the Kettlebell reaches chest height or clavicle height allow gravity to assist the weight of the Kettlebell back to the floor or hang position.

Kettlebell Cleans

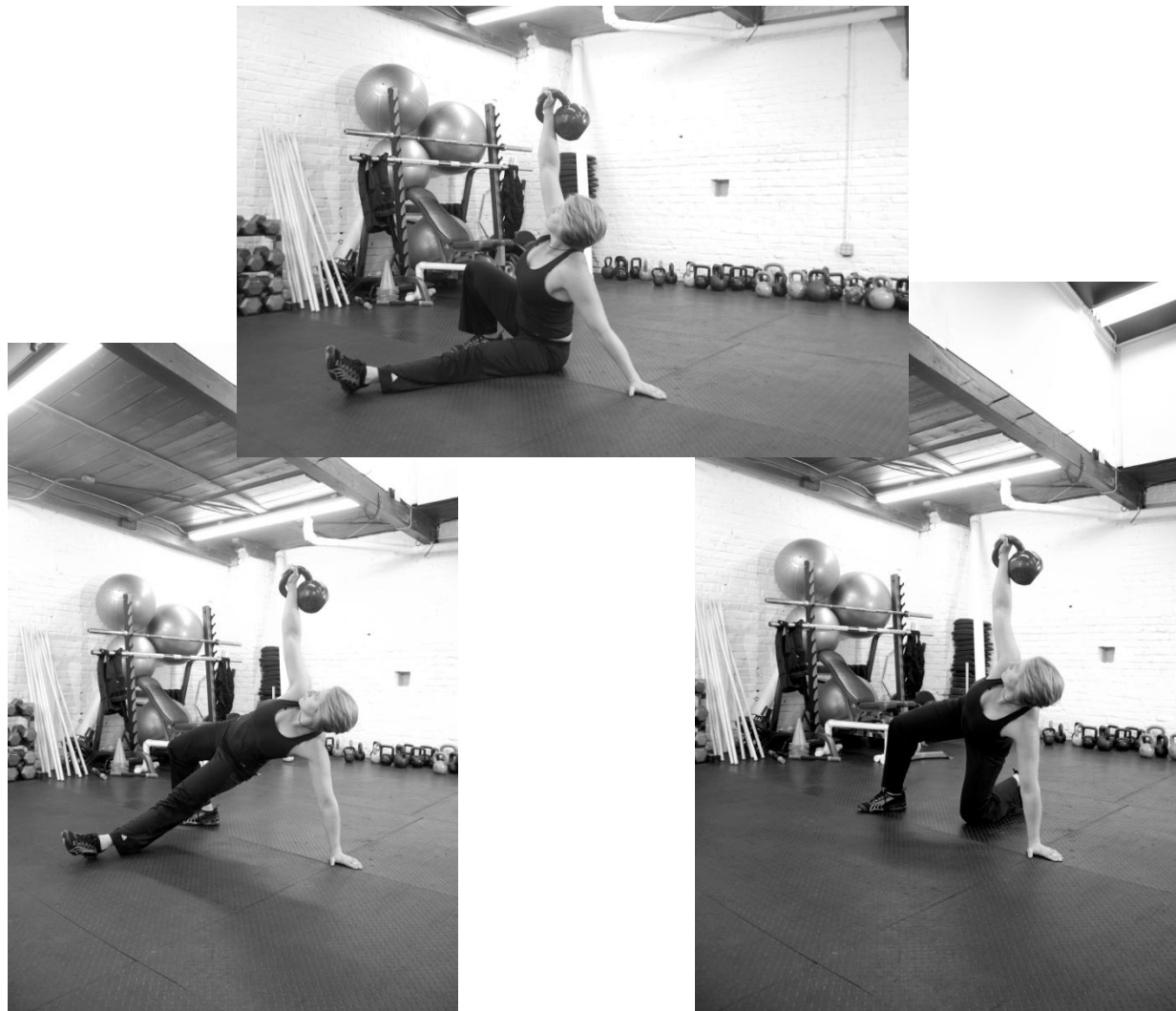


1 – Start in the short stop position 2 – Position the Kettlebell between the feet 3 – With one hand in the Kettlebell have the Kettlebell follow a vertical path from the floor 4 – As you stand fully contract the hips and knees, and contract the glutes 5 – The elbow stays tight to the torso 6 – The wrist remains neutral

Kettlebell Turkish Get Ups



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Kettlebell Turkish Get Ups

- 1 – Start on the ground 2 – Roll to the side with the Kettlebell 3 – Pistol grip the Kettlebell 4 – Roll to your back 5 – Press the Kettlebell overhead 6 – The arm stays fully extended and vertical throughout the entire movement, wrist is neutral 7 – Sit up at an angle away from the arm with the Kettlebell 8 – Rest on your elbow 9 – Continue to your hand 10 – Your bodyweight will be in your foot that is flat on the ground and in your hand that is flat on the ground 11 – Pick up your hips 12 – Slide your straight leg through until your knee finds the floor 13 – come to a kneeling lunge position 14 – Drive through the back foot to standing 15 – reverse the steps 16 – Step back with the opposite foot that has the Kettlebell until the knee finds the ground 17 – Reach to your free hand to the side so your hand finds the ground 18 – Windshield wiper your kneeling leg through so your hip finds the ground 19 – Roll back to your elbow, then your back

Kettlebell Athletics Certifications



info@kettlebellathletics.com