

# Do you Do Kettlebells

Kettlebells are described as a cannon ball with a handle. It is another strength tool but it can be used in mobility, stability, endurance, and power training. It can be also used a replacement for every dumbbell exercise, but when doing so it requires a higher degree of effort because of stability requirements. There are some Kettlebell exercises that Intermediate to Advanced that I recommend (see [Master List](#)). I personally only train regularly with KB Swings, Bottom Up Presses, Carries, and Goblet Squats. I love these exercises. There are some that I do not recommend often or at all, like the [Turkish Get Up](#) ( too many things can go wrong ) and [Windmill](#) (spinal flexion and twisting is dangerous for the back ). Most KB exercises are advanced and require an advanced level of functional ability, especially in the core ([determine your functional ability](#)). **I never recommend them as a sole form of training.** KB carrying exercises are great exercises. [S. McGill](#), a spine specialist, discovered that the weakest link in the strength profile of many athletes and those who suffer low back pain is lack of balanced lateral core strength. A sufficient lateral core is required to hold the pelvis up or lock the pelvis to the core, which is needed to walk, run, and move directionally. By developing lateral core strength with KB Waiter and Farmers Carry and other similar exercises it creates stiffness and durability that helps prevent that collapse says McGill. He points out the KB Training is not for everyone recovering from injury or in those who lack core stability. He points to a study that provided an insight into why many individuals credit kettlebell swings with restoring and enhancing back health and why in others it may irritate tissues ([Study](#)). To that point there is a lack of information when it comes to KB training and rehabilitation and therefore it use in those with injuries can not be suggested at this time ([Review](#)). **If you are at an Advanced Level add a couple KB Exercises to your routine.**

An important study found that that kettlebell training significantly boosts aerobic capacity, while also improving core strength and dynamic balance in a healthy group of people ([Study](#)). The authors say that “You don’t really do resistance training expecting to get an aerobic capacity benefit, and you don’t do resistance training and expect to improve your core strength, unless of course you’re specifically doing core-strengthening exercises. But with kettlebells you’re able to get a wide variety of benefits with one pretty intense workout”. These results showed cardio improvements that would be better than a walking program and more in line with what you’d expect from a regular cycling program. In regards to intensity, author say “it’s kind of a cross between circuit weight training and running.” Researchers also point to the positive implications of “being able to increase core strength by 70 percent, especially for the aging population and similarly, the gains in dynamic balance have major positive implications.” **BOTTOMLINE: Kettlebell training can increase strength, mobility, stability, endurance, and power as well as aerobic fitness in a simple fashion, but it can cause injury in those who lack core stability and functional ability. Only do if you have this ability and only with perfect form.** [See more at our muscular fitness training page.](#)

Do YOU/CAN YOU  
Do THIS?

SHORT WELLNESS  
SELF-CHECKS



**JUST DO NOT SWING AWAY:** A study found KB Swings result in unique compression and shear load ratios in the lumbar spine that may account for the irritation in some people's backs, who otherwise tolerate very heavy loads. Shear stability and tolerance to posterior shear loading would be a requirement to obtain the other benefits of kettlebell swing exercise painlessly ([Study](#)). So it is imperative that individuals who perform KB exercises have an Advanced Degree of Muscular Ability especially in the Core. [SEE SWING FORM.](#)

**GREAT ADVANCED LEVEL KB EXERCISES**

[Kettlebell Bottoms Up Press](#)

[Kettlebell Clean and Press](#)

[Kettlebell Figure Eight](#)

[Kettlebell Halo](#)

[Kettlebell Farmers Carry](#)

[Kettlebell Waiter's Carry](#)

[Kettlebell Swing](#)

[Kettlebell Swing Single Arm](#)

[Kettlebell Single Arm Overhead Press](#)