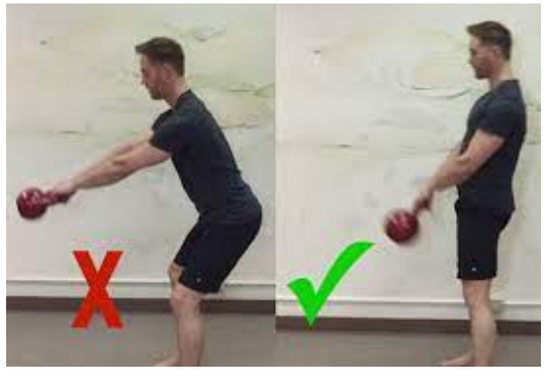
KettleBell Swing

Do it Right!
Exercises you Should Do

This one of my favorite KettleBell Exercise. It is a great overall body exercise (develops mobility, endurance, strength, power, and aerobic fitness).

Form: Never do if you have back issues or lack core ability. It is an advanced exercise. This exercise is worth doing often, twice a week. Make sure the power is generated from glutes. You need to keep the back in neutral at all times and braced during force generation of the swing and again braced at the catch (see bracing). The arms should be locked against side as pictured for the safest motion. Think that your are trying to keep a pieces of paper under your armpits. Keep repetitions low to insure perfect form (1-7) at first. Also, it sounds redundant but when you pick a kettlebell off the floor MAKE SURE YOU KEEP YOUR SPINE IN NEUTRAL AND BRACED. Some suggest starting from a HIKE position as in football. SEE GREAT VIDEO ON FORM HERE. I PREFER THE FORM IN THIS VIDEO THAN OTHERS. If you can not pass the Squat Screen Test or for that matter all functional tests listed do not do this or any other Advanced Exercise.



The Swing is considered the Foundational Kettlebell Exercise. This is a predominantly ballistic exercise that some say is technically relatively simple and tend to involve the whole body. Promoters of Kettlebell suggest that exercises, like the swing, can simultaneously improve muscular strength, endurance, and power, in addition to cardiorespiratory fitness. Research does back up its ability to improve Strength and Power. One study demonstrated that the mechanical demands of swing exercise are largely comparable with, and in some cases exceed, the mechanical demands of resistance exercises commonly used to develop lower body maximum and explosive strength (study). Lumbar motion, compression and shear force data during a kettlebell swing has been studied (study). The results are encouraging, that in the absence of spinal pathology, mechanical loads through the lumbar spine during a 16-kg two-handed hardstyle kettlebell swing are low and not indicative of increased risk of harm. The compression loads were reported below the National Institute for Occupational Safety and Health action limit, and half that of lifting 27 kg on an Olympic bar. The authors suggest kettlebell swings may enhance back health and function, without irritating tissues in healthy subjects. The authors did suggest users of this exercise to have a good degree of core stability and no back issues. A small danish study found that kettlebell training using KB Swings reduces pain in the neck/shoulders and low back and improves muscle strength of the low back among adults from occupations with a high prevalence of reported musculoskeletal pain symptoms (study). Additional studies are needed to back up this claim.