

KettleBell (KB) Bottoms Up (WAITERS) Carry

This one of my favorite **ADVANCED** KettleBell Exercise. It is another Carry Exercise (see Suitcase and Farmer's Carry). It is a great core and shoulder exercise that requires a great level of Stability. See other great exercise - KettleBell Bottoms Up Presses

Keys: Engage the muscles in your shoulder (rotator cuff and scapula) to keep kettlebell steady as you walk. Your core should be active; keep it tight to support you as you move. Do not bounce or sway from side to side

Forms You need to keep the back in neutral and braced at all times (see bracing).

The arms should be locked against side as pictured for the safest motion. Stand with the feet hip-width apart and hold a kettlebell in the hand in a 'bottom-up' position (holding the top of the handle so that the bottom of the kettlebell is facing up to the ceiling.) Squeeze the handle of the kettlebell with a tight grip to maintain balance. Keep the back straight and the right elbow next to the rib cage while walking a specified, pre-determined distance; after covering the distance turn towards the kettlebell to face the opposite direction and return to the starting point. Think that your are trying to keep a pieces of paper under your armpits. Also, it sounds redundant but when you pick a kettlebell off the floor **MAKE SURE YOU KEEP YOUR SPINE IN NEUTRAL AND BRACED.** **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.** (See AceFitness for more on Form).

Do it Right!
Exercises you Should Do



Loaded carries can develop and enhance muscle strength, as well as training proper movement patterns.

You do not need to go heavy with this exercise.

In the bottoms-up position, the KB is top-heavy so you need to really focus on the KB.