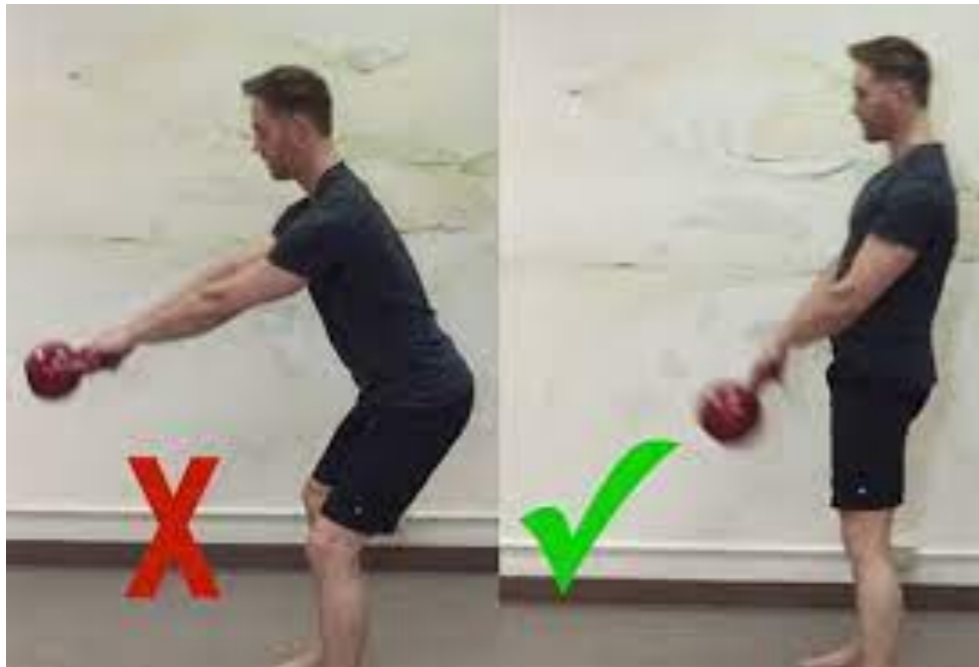


DON'T DO THAT
EXERCISE AND TRAINING
TECHNIQUES THAT YOU
SHOULD NOT DO

Do Not Do the KettleBell Swings Wrong



*I have worked with too many
people to count who have been
injured doing Kettlebell Training
Wrong.*

CrossFit

**I ADVISE TO DO IF YOU ARE AT AN
ADVANCED LEVEL, BUT ONLY DO WITH
GREAT FORM (WHAT IS AN ADVANCED
LEVEL OF MUSCULAR ABILITY? SEE
LINK? **SEE VIDEO FOR FORM**).**

Many people think this movement is all arms, it's actually powered from your lower body, which is driven from the glutes through a stable, rigid, and durable core. **IT IS A PRIMARILY A HINGE MOTION AT THE HIPS.** Because it is an explosive motion it's important to learn the correct way to move the weight before you start swinging kettlebells. Because of the speed and the force of the swinging motion of the Kettlebell, the shoulder and low back are at significant risk for injury. If performed incorrectly, the repetitive swinging motion could result in rotator cuff injury and/or inflammation of other structures in the shoulder and low back. 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). Also, it sounds redundant but when you pick a kettlebell off the floor **MAKE SURE YOU KEEP YOUR SPINE IN NEUTRAL AND BRACED. MANY INJURIES OCCUR AND HAVE HAPPENED WHEN KETTLEBELLS ARE PICKED OFF THE FLOOR. BE SUPER CONSCIENCE OF GOOD LIFTING MECHANICS WHEN PICKING A KETTLEBELL OFF THE FLOOR.** **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.**