Complementary Blog Post: The Basics of Kettlebell Workouts

Subject: Best Kettlebells Moves To Do At Home

[firstname],

Trying to fit in an exercise routine around your already busy schedule can be extremely hard. Kettlebells can get you toned and firm in a short amount of time. Thankfully nowadays you can buy a DVD and get your workout at home without the stress of finding time to drive to the gym and then workout.

So what is the best workout to do at home? Here are a few to do when you don’t want to go to the gym:

Russian Kettlebell Swings

Targets your shoulders, glutes, legs and back.

To do these you’ll stand up straight with your feet about shoulder width apart, then with the kettlebell griped firmly. Bend your knees and then as you’re bending down – swing the kettlebell between your legs. Be careful to keep your back straight and do not squat. This is a swinging motion.

Kettlebell Lunge Press

Targets your legs, glutes, back, abs, arms and shoulders.

This one is very similar to a lunge. When you go down on one leg raise the kettlebell over your head. Return to a stand then go down on the other leg doing the same thing with the other arm.

Kettlebell Push-up

Targets the back, arms and chest.

This is a push up, the only difference is that you’ll include two kettlebells. Put the kettle bells in from of you where your hands would go when you perform a push up. Then grab each of the kettlebells and get into a push up position. Lower your body as far down as you can go. The closer to the floor the more you’ll burn, but this is a more challenging move and might take some time to get used of doing it.

Here are only three of several moves that you can do at home. You can also use DVD’s to get more workouts for your routine. There are quite a few that will help you learn the basics and get in shape.

If you need guidance with the basics of kettlebell – check out the blog post on the site.

LINK

Kettlebell doesn’t have to be done at the gym. Find some moves that you like and work out at home. Just make sure to change the routine occasionally so that you don’t plateau.

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