Complementary Blog Post: Kettlebell Tips for Beginners

Subject: Which Muscles Do Kettlebells Target?

[firstname],

You’ve probably heard that using kettlebells as part of your routine will help you target your entire body and have a total body workout. But what muscles specifically does it work on?

The main muscle you will target is your core. This helps you strengthen your abs and back so you’ll be able to balance better and move your body easier. Your core is always being used during your exercise and that helps your lower back generate the power it needs to swing the kettlebell.

Kettlebells provide a really fast workout because they work so many muscle groups at once.

You’ll also target your glutes, abs and back muscles. The way you swing the kettlebell helps you use all of these muscles. Coordinating the movement to incorporate each muscle group fluidly.

Depending on whether you’re doing the kettlebell swing, the snatch or the clean and press will determine which muscles groups will be used, but quite a bit of them overlap. This means that you’ll use the same muscle groups in all of these, but each have other muscles that they target.

More muscle groups that will be used are the biceps, triceps, medial deltoids and quadriceps.

So essentially, you are using your arms and shoulders, hips and legs, core and your back.

You can use kettlebells for several reasons, but these workouts will get your muscles conditioned – but won’t make you real muscular. This might appeal to some women because they don’t want to get the really huge muscles like the men do.

When you’re a women a lot of time your trouble spots are your thighs, butt and hips. All of these problem areas can be firmed and toned by using kettlebells in your workout routine. You’ll see an improvement in as little as 30 minutes a day for less than a month.

If you’re looking for more tips on how to use kettlebells effectively – check out the blog post that is on the site.

LINK

Kettlebells will tone and workout your body in the least amount of time. They are effective and everyone should incorporate them into their routine – especially if they lead a busy life.

[Sign off]