

THE KETTLEBELL WINDMILL + OVERHEAD TORSO ROTATION

**extremely suitable for kettlebell rehabilitation
when progressing safely and executed correctly**

to be performed at a slow pace,
paying extreme attention to form and technique

Presented by



PROFESSIONAL ONLINE LEARNING

KETTLEBELLTRAINING EDUCATION



Before attempting any rehabilitation exercise, seek the help and advice of a qualified professional.

Kettlebells are great for rehabilitation of the lower-back, shoulders, ankles, knees and more to address issues like lower-back pain, knee instability, osteoporosis, improve ROM, torn ACL and more ... To perform the **kettlebell windmill and torso rotation** follow the following steps which describes the movement from one side, the right side.

- clean + press a kettlebell with the right
- bring the left leg outwards, angle depends on flexibility
- right foot straight, left foot pointing out 45 degrees
- push right hip sideways (to the right)
- pull the right lat (latissimus dorsi) down
- keep pushing right hip sideways
- push left leg into the ground, pushing yourself away from the left side
- slowly start pulling yourself downwards, left shoulder towards the ground
- keep the spine straight, do not bend at the spine
- pause at YOUR lowest position
- keep pushing left leg more into the ground
- come up by the force of the left leg pushing into the ground
- pull right lat (latissimus dorsi) down and rotate shoulder
- lock knees out when fully upright
- push left leg into the ground
- rotate the torso by pulling the right shoulder back and right lat down
- do not bend or rotate at the knees
- push the chest out while rotating
- pause and hold at YOUR furthest point of rotation
- slowly return
- repeat on the same side or switch to the other side

To learn this exercise online with a qualified kettlebell coach please visit

<http://kettlebelltraining.education> or email me@tacofleur.com

You will be able to learn from your home at your own pace, receive coaching and assessments, you will learn progressions and bodyweight exercises that will allow you to perform the Windmill.

Other great kettlebell rehab exercises are:

- kettlebell swing
- turkish getup
- kettlebell press
- kettlebell armbar
- halo and more ...

For any questions please visit the forum

<http://kettlebell.community/forums/forum/kettlebells-for-rehabilitation>