

Beginners (Kettlebell) Exercises to Master

In a perfect world, or when training with us [online](#), you would learn to execute the following exercises properly and in that order. If you're looking for beginner kettlebell exercises to work on, the following exercises are a perfect start.

1. Bodyweight hip hinge [graphic](#)
2. Hip hinge hang lift [graphic](#)
3. Hip hinge dead lift [video](#)
4. Bodyweight squat [video](#) or goblet squat [video](#) (depending on status of technique)
5. Kettlebell double arm swing [video](#)
6. Kettlebell double arm swing clean [video](#)

For auxiliary drills use the squat jump and plank. The squat jump because you need to understand that the swing is an explosive movement and you need to push your heels into the ground. The plank because you would need to learn to pack your shoulders and chest by pulling down and back, furthermore, the plank provides great core strength and also happens to be close to the position you're in at the top of your kettlebell swing.

The hip hinge hang lift is covered before the dead lift because it's an easier version, closer to the swing movement and allows safe assessment of flexibility. The hip hinge dead lift follows because we want you to be able to pick up your weights without hurting yourself, and it's the natural progression from the hip hinge hang lift (AKA 3HL).

The squat because it's one of the primal movements everyone should know how to do correctly before anything else, plus some progressional movements rely on the squat, we're also covering it because a lot of people think that a squat is the same as sitting into a chair, while that might not be so bad for non weight bearing exercises, that same technique is going to get you into trouble once you add some weight to your squat.

The kettlebell double arm swing is the king of kettlebell exercises and anyone training with kettlebells should understand this exercise before progressing to other exercises, especially because a lot of other important exercises depend on the swing movement.

The kettlebell double arm swing clean is the next progression and besides the assisted clean, the easiest clean you can learn. It's an awesome transitional movement to exercises like the kettlebell halo, front squat, lunge and twist, overhead press etc. Learning this movement will allow you to start putting together exciting kettlebell complexes that will keep your mind and body entertained for a long time. Without further ado, following is your free beginner full body kettlebell workout.

I purposely scaled down the reps by 1 for the swing, as out of all the exercises, this is the one that you need to get right, and when done incorrectly will cause lower-back pain.

BEGINNER KETTLEBELL WORKOUT 'Novicius'

The Ultimate Novice Kettlebell Workout that promotes progression.

Great workout for practising and improving the kettlebell swing but at the same time still able to give you that workout you're looking for while not neglecting other parts of the body.

Performed with one kettlebell.

| | | |
|---------------------------|---|------------------|
| Exercise #1 | Double Arm Swing | Repetitions: 5 |
| Exercise #2 Transition | Halo <i>Double Arm Swing Clean</i> | Repetitions: 5 |
| Exercise #3 | Double Arm Swing | Repetitions: 4 \ |
| Exercise #4 Transition | Front Squat <i>Double Arm Swing Clean</i> | Repetitions: 5 |
| Exercise #5 | Double Arm Swing | Repetitions: 3 \ |
| Exercise #6 Transition | Double Arm Overhead Press <i>Double Arm Swing Clean</i> | Repetitions: 5 |
| Exercise #7 | Double Arm Swing | Repetitions: 2 \ |
| Exercise #8 Transition | Double Arm Hang High Pull <i>Double Arm Swing Clean</i> | Repetitions: 5 |
| Exercise #9 | Double Arm Swing | Repetitions: 1 \ |

Rest and repeat as required.
Ask in our [group](#) if you're not sure.

**the transitions are listed so that you understand how to move from one exercise into the next.*

Set a time and do as many rounds possible, or go for time by setting the amount of rounds to be completed. When setting a time, try and stick to something achievable and safe like 15 to 20 minutes, when setting rounds, stick to about 8 to 10. Gradually increase over time by adding weight, reps, time or more rounds. Perform the workout once or twice a week and keep track of your progression.

[View a video submitted by one of our community members here.](#)

When to rest?

Rest **before** you're fatigued, you can rest in the double arm racking position, rest the bell on one of your shoulders or put the kettlebell down all together and rest.

Exercise Details

^ **Double Arm Overhead Press**

Start from the chest, brace the core, squeeze everything tight, slightly pull the head back when pressing up, and gently bring it forward once the Kettlebell is past the head, pull the lats down, slightly pull the shoulder blades together, pull the biceps towards the ears, lock the elbows out and actively but in a controlled manner pull the Kettlebell back down. The grip on the Kettlebell is thumbs around the horns, palms around the Bell, handle pointing down and base pointing up.

^ **Double Arm Squat Hang High Pull**

You stop the Kettlebell from the swing by transitioning with a Double Arm Swing Clean, then from the chest you bring the Kettlebell down, arms straight, come into a Squat Hang, come back up fully, slight pause and High Pull with the traps and front delts, the elbows lead and stay above the handle, do not bring the hands higher than the elbows, the Kettlebell should not come higher than the chin and keep the Bell close to the chest, it should travel in one straight path up and down.

^ **Double Arm Clean**

The double arm clean is covered in this video. Note that on the down phase you should choose the shortest path, i.e. don't cast the Kettlebell out but guide it down and back. The other exercises are pretty much covered in the videos listed, if you have any questions at all, do not be afraid to post them below.

Stay accountable, post your results on one of the following:

- facebook.com/caveman.kettlebells
- facebook.com/groups/kettlebell.swing
- [Kettlebell Workouts](#) on Google+
- facebook.com/groups/world.kettlebell.community/
- kettlebell.community/forums



<http://kettlebelltraining.education>
learn online, learn from home.
learn from a qualified kettlebell coach.

Email education@cavemantraining.com



KETTLEBELL
TRAINING.EDUCATION

