

Improve Your Sport and Fitness Power with Kettlebells

In the world of sports and fitness there are numerous ways that can improve power. A unique and non-traditional way to improve an individual's sports and fitness power is with kettlebells.

Oct. 18, 2009 - [PRLog](#) -- You might ask, what are kettlebells?

A kettlebell is a cast iron weight that resembles a bowling ball with a handle. The kettlebell has been around for some time, but as of late the kettlebell is becoming more recognized for its dynamic movements. This in mind, this would benefit anyone participating in dynamic movements, especially, an athlete who moves in multiple planes of motion and needs power production.

The concept of power typically refers to producing enough energy to achieve a goal over a short period of time. Anyone developing power would enjoy kettlebells because it promotes a full body workout that includes aerobic training, speed training and strength training. The idea of combining strength and speed training together promotes the concept of power. This production of power is essential part of being successful in many sports. The way an athlete could improve his power is with kettlebells.

Why use kettlebells for power?

Training with kettlebells will develop hip thrust, the power generator for every type of sporting activity. Any individual attempting to improve their hip thrust, kettlebells are the training tool that would accomplish the task. The way kettlebells improves hip thrust is by incorporating drills such as speed, explosive strength, and hand to eye coordination. All of these components together enhance an athlete's power. If the activity is jumping, kicking, or even throwing it comes from the hip.

When should kettlebells be used?

Kettlebells can be used in power training anytime. The reason is that kettlebells prepares the body for intense movements, such as accelerating, decelerating, and rapid changes of direction. All these components are essential for the athlete's power production.

The athlete utilizing the OPT model would assume power production in the EET phase or the MPT phase. If the athlete were in the EET phase he/she would perform a strength exercise followed by a power exercise. The MPT phase of the OPT model is maximum power training. This is similar to periodization when an athlete is training for power. This is typically utilized in preseason or during the competitive season. All power-training programs should be cycled allowing sufficient time to recover.

The following moves are exercises that focus on developing power production. All these exercises are ballistic moves.

1. The Swing
2. The Clean
3. The Snatch
4. The Jerk
5. The Turkish Get-Up

Swing:

1. Assume a slightly more than shoulder-width stance.
2. Next, squat down and grab the KB, the spine should be arched and shoulders should stay level and down.
3. Move your hips forward, extending the ankle, knees and hips. Don't flex the waist.
4. Keep arms straight and begin the movement from hips (lower body) and move out of the squat and swing the bell up from the body. This exercise could be performed with two arms or with one arm.

Clean:

1. The clean is performed the same way as the swing, but stops in the rack position.
2. Rack position is when the KB is in a triangle design.
3. Arm is pressed against the body and the KB is between the arm and forearm.

Snatch:

1. This exercise has similar movements to the swing.
2. The snatch starts similar to the swing and the power is created the same way.
3. The KB moves up and over the wrist. The KB is caught and then, moves up.

Jerk:

1. Move the KB to the rack position.
2. Inhale and contract the abs/glutes.
3. Drop as you contract.
- 4 Make a second dip, this time an explosive dip the body moves under the KB.
5. The shoulder and elbow should be locked out while the KB is overhead.

Turkish Get Up:

1. Start in the supine position, grab the KB to the chest. Utilize both hands to pull the KB to the chest to protect the elbow.
2. Press the bell up not forward. Roll onto the hip, opposite from the KB.
3. Move into a lunge and the KB should still be in the overhead press.
4. Stand up with the KB overhead.
5. Reverse the process.

The following is a sample of a program design:

Day 1

Exercise	Sets	Reps	Rest
Bench Press	3-6	4-6	60sec
Lat Pull-down	3-6	4-6	60sec
Military Press	3-6	4-6	60sec
Squat	3-6	4-6	60sec
DB MP Lunge	3-6	4-6	60sec
Crunches	3-6	15	60sec

Day 2 Rest

Day 3 Kettlebells

Exercise	Sets	Reps	Rest
Swing	3-6	1-10	90 sec
Turkish Get-Up	3-6	2-4 each side	90 sec
One Arm Clean	3-6	3-5 each side	90 sec
One Arm Snatch	3-6	3-5 each side	90 sec
One Arm Jerk	3-6	3-5 each side	90 sec

Day 4 Rest

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