

# KETTLEBELLS 101



## STEP ONE:

- Grab the KB as if you were going to hike a football
- Make sure your shoulders are back & spine is straight
- Do not round at the low back
- Hike the KB Back



## STEP TWO:

- Receive the KB in a hinged position
- Butt is back, hamstrings are loaded, & there is a slight bend in your knees
- Do not let the KB drop below your knees in this position



## STEP THREE:

- Aggressively thrust hips forward while maintaining a neutral spine & keeping arms tight to body
- The KB should only come to shoulder height
- Remember, your hips are working, not your arms, shoulders or back

**Global Campus students** can find more health and wellness information at [Wellbeing Online](#).

New events are always being added to the [Global Connections homepage](#).