

# KETTLEBELLS

3KG, 5KG, 7,5KG, 10KG, 12KG



## INSTRUCTION MANUAL

**CAUTION**

READ ALL PRECAUTIONS AND  
INSTRUCTIONS IN THIS MANUAL  
BEFORE USING THIS EQUIPMENT  
KEEP THIS MANUAL FOR  
FUTURE REFERENCE

**1 YEAR  
WARRANTY**

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# IMPORTANT SAFETY INSTRUCTIONS

Be sure that you read and follow all the instructions in this manual before beginning your program.

## **WARNING**

Before starting any exercise program, consult your physician. You must make sure that you do not have any medical or health conditions that could affect the safety and effectiveness of your exercise program. If at any time during your exercise you are experiencing discomfort or pain, stop the exercise immediately and consult your physician.

## **SAFE USE OF KETTLEBELLS**

When using a kettlebell always make sure there is someone around to help you if you get into any difficulty, (this is especially true when shoulder pressing and squatting). As you start using heavier weights it may be useful to exercise with a training partner as you can aid each other in the exercises and encourage one another to keep putting the maximum effort in.

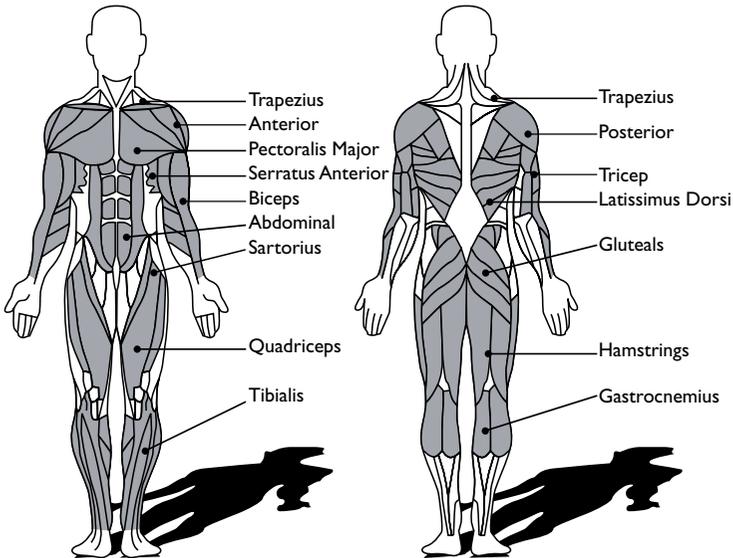
## **DO'S AND DON'TS**

- Do seek medical advice before starting any exercise programme.
- Do take your first month easy to avoid unnecessary soreness and stiffness.
- Do follow the advice on this sheet.
- Do remember to bend at the knees when lifting heavy weights from the floor.
- Do maintain a firm, straight back when lifting weights.
- Do remember to breathe properly.
- Do warm up thoroughly before exercising.
- Do dress sensibly when exercising.
- Don't exercise within 2 hours of eating a large meal.
- Don't lift heavy weights alone. Have someone to help if needed.

# MUSCLE CHART

## KETTLEBELL

The exercise routine that is performed with the Kettlebell set will develop the whole body. These muscle groups are highlighted on the muscle chart below.



## CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment; a few minutes per workout.

Initially, you may be able to exercise only for a few minutes, however, your aerobic fitness and strength will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise for 30 minutes. Please remember these essentials :

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Set up your equipment on a flat, even surface.

## BEGINNERS EXERCISE PROGRAM

Unless otherwise stated, perform each exercise for 3 sets of 10 repetitions before moving onto the next exercise in the program.

# EXERCISES



## ONE-ARM KETTLEBELL SWING

Place the kettlebell between your feet, bend your knees and squat down to get into the starting position. Keep your back flat and look straight ahead. Swing the kettlebell between your legs forcefully as if you are passing a ball to someone behind you. Quickly reverse the direction and drive through with your hips, taking the kettlebell straight out in front of you up to your shoulder height. Let the kettlebell swing back between your legs and repeat. Switch arms with each set. This exercise will primarily target your hamstrings and this is where the power is generated.



## ONE-ARM KETTLEBELL SNATCH

Place the kettlebell between your feet, bend your knees and squat down to get into the starting position. Keep your back flat and look straight ahead. Swing the kettlebell between your legs forcefully as if you are passing a ball to someone behind you. Quickly reverse the direction and drive through with your hips. Pull the kettlebell towards your body as if you are starting a lawn mower. The trajectory of the kettlebell will resemble a J Curve rather than an arc. As the kettlebell rises to your shoulder open your hand and get your hand around the bell rather than letting the bell flip over and bang up your wrist. Punch through straight overhead to complete the snatch.

# EXERCISES



## ONE-ARM KETTLEBELL CLEAN

Place a kettlebell between your feet. As you bend down to grab the kettlebell, push your butt back and keep your eyes looking forward. Swing the kettlebell between your legs as if you are passing a football behind you. Quickly reverse the direction and drive through forcefully with the hips. Bring the kettlebell straight up using body momentum, while opening your hand and getting your hand around the handle rather than letting the bell flip over and bang up your wrist.



## ONE-ARM KETTLEBELL BOTTOM UP CLEAN

(Hang Position)

Hold a kettlebell like a suitcase. Swing it back and then forward and strongly grip the handle to hold it in place in the rack position. Keep a loose grip until you reach the rack position and then strongly grip the handle and flex your entire body to hold the bell in place.

# EXERCISES



## KETTLEBELL SOTS PRESS

Hold a kettlebell in one hand, over your shoulder, as shown in the diagram, and go into a full squat. Stay in the bottom position of the front squat and press the kettlebell overhead until it is locked out completely. Lower the kettlebell back to the starting position and repeat. Stay in the bottom position of the squat for the entire duration of the set. To increase stability push your glutes into your calves and keep your midsection tight. If you cannot do a full squat, then you cannot do the Sots Press.



## KETTLEBELL WINDMILL

Hold a kettlebell overhead with one arm, as shown in the diagram. Keeping the kettlebell that is overhead locked out at all times, push your butt out in the direction of the locked out kettlebell. Turn your feet out at a forty-five degree angle from the arm with the locked out kettlebell. Lower yourself until your non-working hand touches the floor or front foot. Pause for a second and reverse the motion back to the starting position.

# EXERCISES



## KETTLEBELL TURKISH GET-UP (TGU)

Lie on your back and use two hands to position a kettlebell in the lockout position of one arm. Keep the bell locked out at all times. Bring your right leg in and use your right leg to pivot to the left. Roll onto your left triceps and keep rolling until your hand touches the floor: Use your left hand and right leg to drive forward. As you are driving forward, bring your left leg in and take your right leg forward. Now keep driving forward until you are in the bottom position of a lunge. Take a second to gather yourself and then stand up. To complete the rep, reverse the movement to get back to the starting position. Do a lunge back to the bottom, then place your left hand behind your back until you feel the ground. Bring your legs forward and use your left arm to guide you back to the starting position. Take a second to gather yourself and then proceed to another repetition.



## KETTLEBELL SIDE PRESS

Hold a kettlebell in one hand, over your shoulder, as shown in the diagram. Push your hip out in the direction of the kettlebell. Turn your feet out at a forty-five degree angle away from the arm with the kettlebell. Bend your knees and stick your butt out. Now slowly lower yourself to the side as you actively press the kettlebell at the same time. Continue to bend to the side until your arm is fully extended across your body and the kettlebell is locked out.

# EXERCISES



## SINGLE KETTLEBELL MILITARY PRESS

Hold a kettlebell in one hand, over your shoulder; as shown in the diagram. Breathe in as you press the kettlebell upwards until the arm is fully extended and the kettlebell is locked out. Keep your arm against your body as you press the kettlebell upwards as this will give you a strong foundation to press off. Try to press upwards in a straight line without moving your arm outwards.



## SINGLE KETTLEBELL BENT OVER ROW

Place a kettlebell between your feet. Bend your knees slightly and then push your butt out as much as possible as you bend over to get in the starting position. Imagine that you are trying to sit in a chair behind you. Arc your back and hold your chest high as you sit back to get into the optimal pulling position. Grab the kettlebell and pull it up to your stomach. Lower the bell back to the floor under control and repeat.

# EXERCISES



## KETTLEBELL FRONT SQUAT

Hold a kettlebell in both hands at shoulder height. As you squat down, push your butt out. Looking straight ahead at all times, squat as low as you can and pause at the bottom. Rise back up and repeat. Pull yourself down with your hamstring and breathe in as you lower yourself down to the bottom. Hold your breath and stand up.



## KETTLEBELL BENT PRESS

Hold a kettlebell in one hand, over your shoulder, as shown in the diagram. Push your hip out in the direction of the kettlebell. Turn your feet out at a forty-five degree angle away from the arm with the kettlebell. Bend your knees, stick your butt out and press the kettlebell into the locked out position above your head. Now slowly lower yourself to the side. Continue to bend to the side until you are extended as far as possible to the side.



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