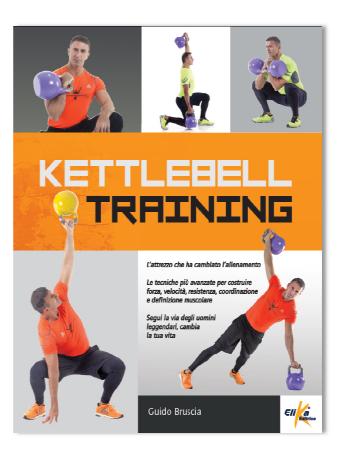
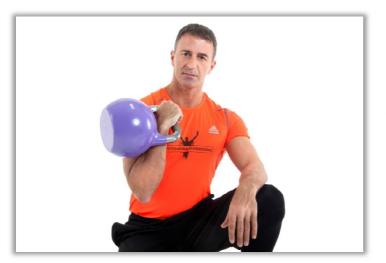
Kettlebell Training



SPECIFICATIONS

Paperback 19.3 x 25.4 cm 224 Pages Full-colour insides Published: October 2016





THE AUTHOR

GUIDO BRUSCIA is one of the most requested Master Trainers in Italy and abroad, a specialist in Functional, Fitvibe and Kettlebell training. Apart from his role as technical manager at the Functional Training School, he also teaches in several training centers for fitness and body building and works as a personal and sports trainer.

Author of several successful books, he currently lives in Rimini, Italy, where he founded Personal Care, an innovative method for personal training that revolutionized the idea of training for his students and future personal trainers.

SALES POINTS



This book represents the first and most complete guide to kettlebell training, the new frontier for those who want to improve their technique and performance getting the most out of their training.

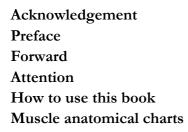
This manual consists of seven chapters, each one focused on different training aspects and activities. The consists of a brief introduction to kettlebell training. In this chapter the author clearly explains the functions and benefits of kettlebell. The second part illustrates the basics and preparatory exercises; the third part is dedicated to the basic exercises with one kettlebell and the fourth focuses on the advanced exercises with two kettlebells. The fifth and the sixth chapters draw the attention on the unconventional exercises with one and two kettlebells for athletic training and specific sports. The book ends with a series of training programs specifically devised to create a customized and personal training plan. Furthermore, at the end of each chapter there are some training plans with a proper exercise selection.

The book is enriched by muscle anatomical charts on the muscles and chains involved in the manual and by an alphabetical list of the exercises, thus making it an indispensable guide for all those who want to have both a theoretical and practical approach on kettlebell training.

The manual is written in a simple and direct language, therefore it is ideal for a wide **audience**, which goes from beginners and advanced athletes to trainers and technicians.

All these things considered, *Kettlebell training* is **a must-have book** that should be on the desk of anyone who takes kettlebell training as a sport career or simply as a passion.





Chapter 1. Kettlebell Training: introduction 1.1 What is a kettlebell? 1.2 Athletic training 1.3 Cosmetic and functional hypertrophy 1.4 Clothing, tools and shoes 1.5 Progression of loading 1.6 Kinds of movement 1.7 Cadence 1.8 Breathing 1.9 Preparatory exercises: why? 1.10 Benefits of Kettlebell Training

Chapter 2. Kettlebell Training: basics and

preparation

2.1 Grips

Rack Position Double Rack Position Lock Out Position

2.2 Preparatory exercises

Box Squat Laputin Shrug Kettlebell Walking Reverse Scorpion *Preparatory training*

Chapter 3. Basic one kettlebell

3.1 Exercises

Two-hand Swing Push Press One-hand Swing American Swing Clean Snatch Squat Overhead Jerk

Chapter 4. Advanced two kettlebells

4.1 Exercises

Double Swing Double Clean Double Push Press Double Jerk Double Long Cycle Double Squat & Press Double Snatch Double Deadlift Double Windmill Step Windmill Advanced two kettlebells training

Chapter 5. Unconventional one kettlebell 5.1 Exercises

Mahler Swing Rubber Band Swing Mahler Snatch Squat & Swing Bent Press Side Press Bottom Up Press Halo Kettlebell Cossack Front Squat Sots Squat Alternate Box Deadlift Walking Lunge Walking Lunge Overhead Bottom Up Overhead Squat Stand Up Squat Stand Up Snatch Reverse Push Up Kneeling Jump & Snatch Asymmetric Push Up Bottom Up Walking Roll Up Roll Down Unconventional one kettlebell training Squat & Press Long Cycle Windmill Turkish Get Up Basic one kettlebell training

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Chapter 6. Unconventional two kettlebells 6.1 Exercises

Double Mahler Swing Double Mahler Snatch Double Kneeling Jump & Snatch Get Up Sit Up Two-kettlebell Push Up Renegade Row Alternate Snatch Double Reverse Push Up Double Front Squat Double Squat & Swing Bent Press & Deadlift Rack Walking Lunge Walking Lunge One Kettlebell Overhead Double Sots Squat Two Arms Bottom Up Press Walking Lunge Two Kettlebells Overhead Iron Militia Double Stand Up Squat Squat & Press su step Two Hands Turkish Get Up Double Stand Up Snatch Push Up & Dips Box Deadlift Unconventional two kettlebells training

Chapter 7. Teaching and training 7.1 Training programs? 7.2 Teaching? 7.3 Training? Kettlebell Training practice Cicuit training Training for challenge

Alphabetical list of exercises Bibliography



SAMPLE PAGES

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l vari tipi di presa

- Rack Position
 E la posizione di partenza e/o intermedia per quasi tutti i movimenti. Vediamola più da vicino:
 Sistematere il motorione eretta.
 Il braccio è aderente al corpo, con il gomito
- in appoggio all'interno della cresta iliaca.



26



- L'avambraccio è aderente al tronco o leg-germente avanzato, con la mano posiziona-ta all'altezza dello sterno.
 Il kettlebell chiude il triangolo formato da
- Il kettlebell chiude il triangolo formato da braccio e avambraccio.
 Il polso è diritto, allineato con l'avambraccio.
 Le anche sono in estensione e i glutei in leg-gera contrazione per decrementare l'affati-camento del quadricipite.
 La fascia addominale è contratta per stabi-lizzare il bacino e togliere carico alla cernie-ra lombare.
- **Double Rack Position** Per la Double Rack Position valgono gli stessi
- principi:
- Gomiti in appoggio sulle creste iliache.
 Gomiti in appoggio sulle creste iliache.
 Avambracci vicini (ben più di quanto mo-strato nella foto, se siete agonisti o intenzio-nati a diventarlo).
 Manici dei kettlebell sovrapposti per scari-care alternatamente le tensioni.
- È una posizione stabile. Verificate: chiedete a
- un amico di sistemarsi davanti a voi ed eserci-tare pressione sul kettlebell con le mani. Se la vostra posizione è stabile, non riuscirà a muo-vere né il kettlebell... né voi!



Lock Out Position (Lack Position) Questa posizione ha più valenze: fase finale degli Snatch e dei Jerk; posizione base degli esercizi overhead; posizione intermedia dei press.

- L'arto superiore è teso verso l'alto (immagi-L'arto superiore e teso verso l'atto (immagi-nate di indicare in maniera decisa un punto sopra di voi).
 Il braccio è vicino all'orecchio.
 La fascia addominale è leggermente con-tratta.
 I glutei sono contratti per decrementare l'af-faticamente del guadricinte.

- La proiezione del kettlebell cade posterior-mente su scapola-bacino (zona coccige-a)-tallone.

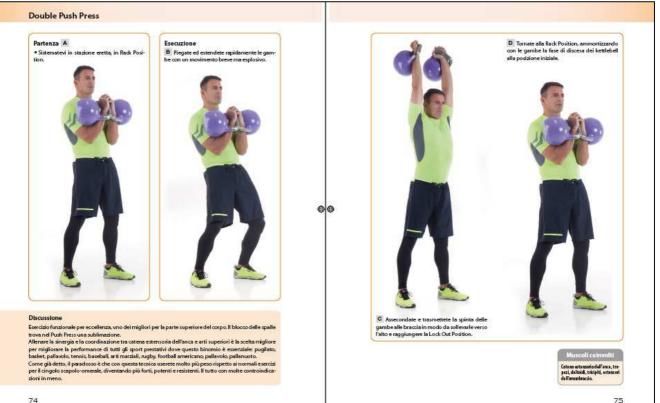


2.2 ESERCIZI PROPEDEUTICI

Gli esercizi propedeutici hanno un triplice scopo:

Insegnano il gesto.
 Mobilizzano i sistemi articolari coinvolti.
 Rinforzano gli anelli deboli delle catene ci-nematiche.

27





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