


Dear Oxygen...

As a certified kettlebell trainer, I'm personally amazed to see how increasingly popular it is becoming among my women clientele. This new paradigm of kettlebell training encompasses strength, endurance, core and cardiovascular for virtually anyone. The big plus? It's ideal for busy women. - Sormeh, via email

Rock. Solid. BOD.



Want a quickie? Torch fat with one solid swing. If you want to ditch unwanted pounds and get better results in half the time, you can't beat a kettlebell. It's cheap, portable and (damn right) you get a bod that rocks. Get ready to pull your own weight. BY DIANE HART | PHOTOGRAPHY TERRY GOODLAD

It sounds almost too good to be true: a cast-iron weapon of body-mass destruction that comes with a solid guarantee – more lean muscle, less flab and (the clincher) a great butt. Best of all, an hour-long workout burns up to a whopping 1,200 calories, so say good-bye to fat – fast.

"Kettlebells work every major muscle group as well as rev your heart rate for a great cardio workout, so you get a two-in-one workout," attests Sarah Lurie, founder of Iron Core. You'll also see improved coordination, balance and endurance, according to Phil Friedman, kettlebell coach at Xtreme Couture in Las Vegas, Nevada. "If you are consistent – two to three times a week – you'll see lean muscle, as opposed to bulky muscle development," he says.

Here's how they work: You swing the weights, which range from nine to 88 pounds, with one or both hands while doing squats and other dynamic move-

ments. Because they wobble as you lift and lower them, your entire body has to work hard to keep the motion under control. That's why the key to this kind of training is attention to proper form. Keli Roberts, ACSM instructor, ACE gold certified personal trainer and fitness expert, based in California, teaches instructors about what she sees as the preeminent aspect of kettlebells – honing proper technique. In the swing, for example, it's important to not round your back and keep your shoulders retracted and your chest high. If you're a beginner, master the moves with a light weight before moving on. "There is a growing demand for functional training and this kind of inte-

grated training is perfect," says Roberts, adding that the workout incorporates strength training, muscle conditioning and cardio.

"People love this – you sweat like you can't believe," she adds.

The Plan

Do all eight moves as a circuit, moving between the exercises with little rest. Always give yourself a rest – about one to two minutes – between circuits. Do two to three circuits. "Your goal is to be able to decrease your overall rest periods between circuits," says Phil Friedman.

MIX IT UP: Another option is to take just one kettlebell move and incorporate it into your weights routine. For instance, do a kettlebell swing instead of a squat on leg day. Time pressed? Break up the moves and do them throughout the day.

KEEP IN MIND: Find a trainer, sign up for a kettlebell class or follow guidelines outlined in DVDs such as Sarah Lurie's two volumes of *Kettlebells the Iron Core Way*.

"My clients love the way in which kettlebells give them a rounder, perkier butt."

—Phil Friedman,
kettlebell coach, Xtreme Couture

Get A Bell Butt

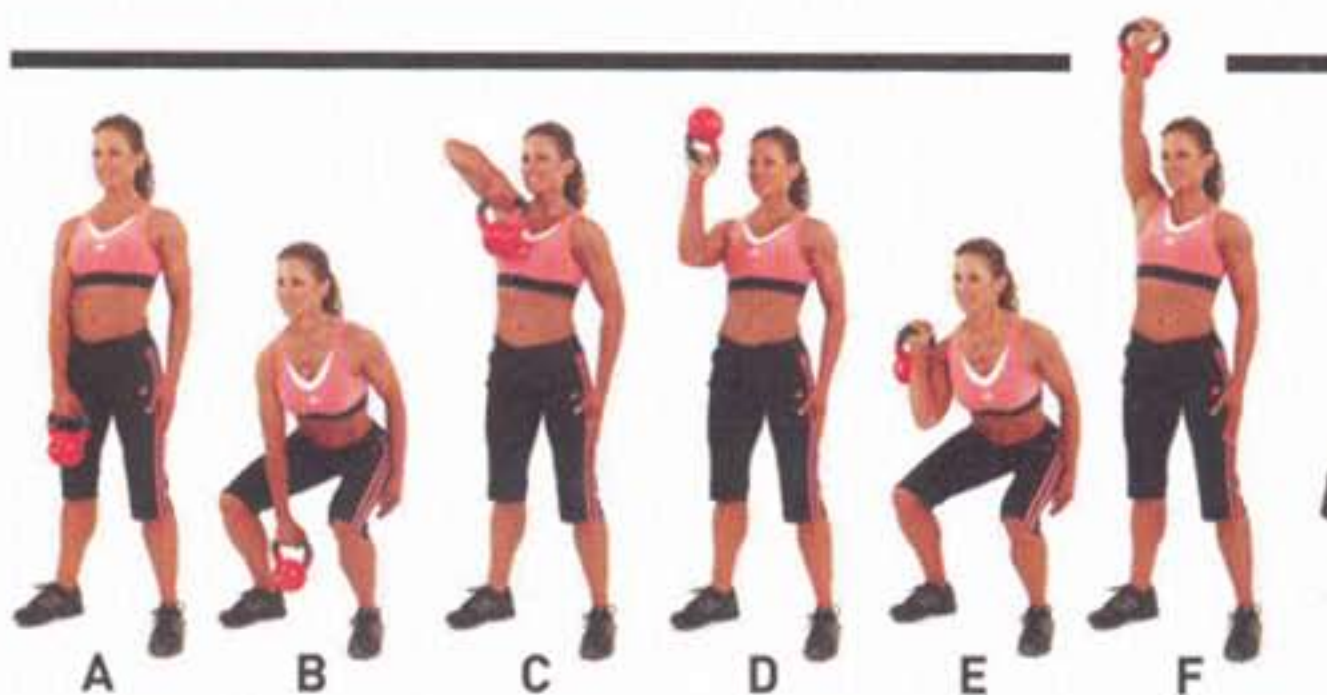
Exercise	Sets	Reps
Kettlebell swing	2-3	10
Clean and press	2-3	10
Squat and kick	2-3	10
Stiff-legged deadlift	2-3	10
Heel touch	2-3	10
Seated shoulder press	2-3	10
V-up	2-3	10
Triceps extension	2-3	10



kettlebell swing

Set Up: Keeping an arch in your back and your chest up, lower yourself into a squat position and bring the kettlebell back, resting your forearms against your thighs.

Action: Drive your heels into the floor and explode your hips forward, driving the kettlebell off your thighs and let it swing up to your face level. (Keep your arms loose, this is not a delt raise). When the kettlebell comes back down gently absorb it into your hips by bringing yourself back into a squat.

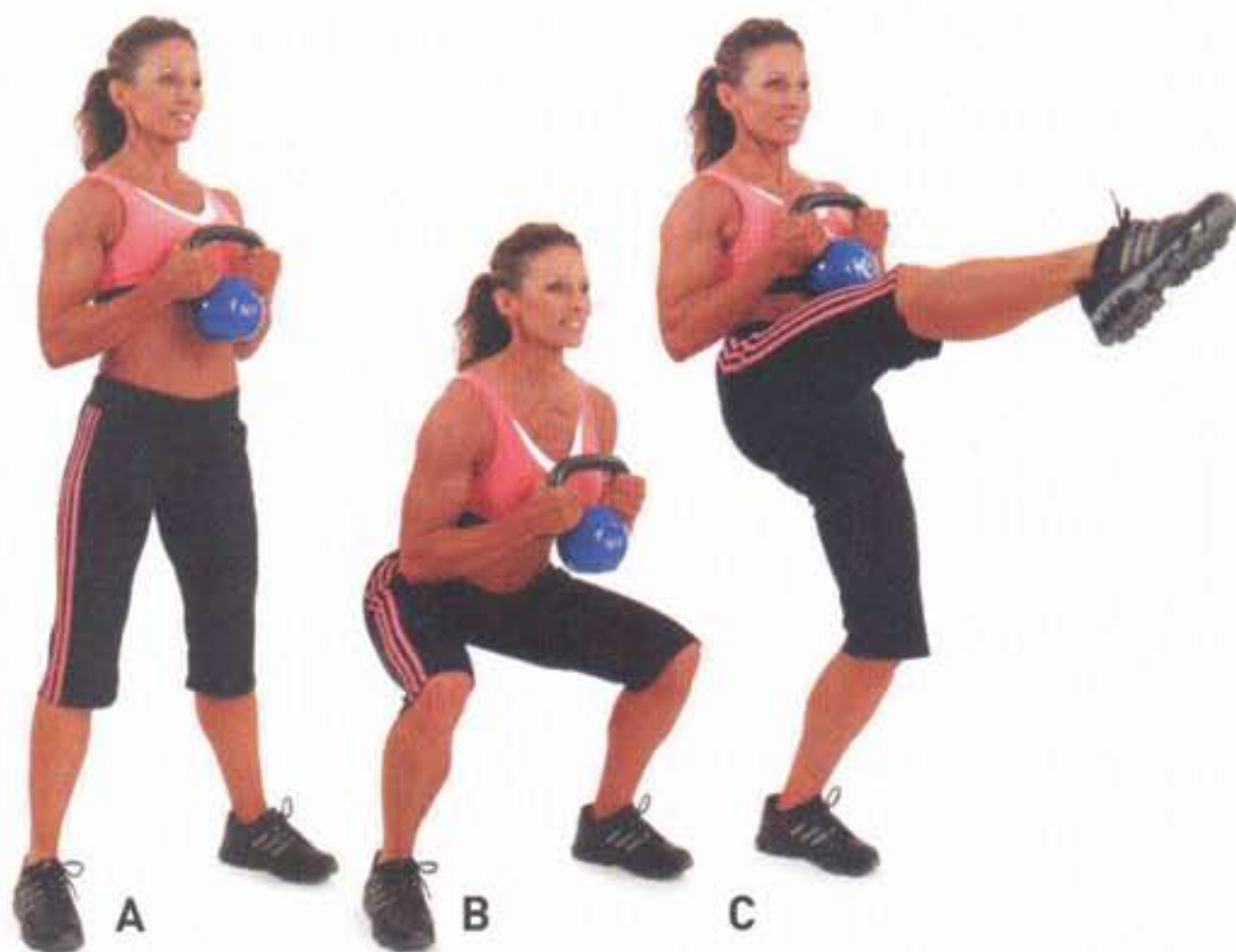


clean and press

Set Up: Picking the kettlebell up with one hand (chest up, back arched), drive your heels into the floor, exploding your hips up and let the kettlebell travel up your body (use your hips, not your arm and shoulder).

Action: As the kettlebell gets to about your chest level, shrug your shoulder to flip the kettlebell over your hand. As the kettlebell comes over your hand drop back down into a squat allowing the kettlebell to gently come to a rest against your shoulder (known as rack position).

Optional push press: From the rack position stand up and at the same time press the kettlebell over your head.



squat and kick

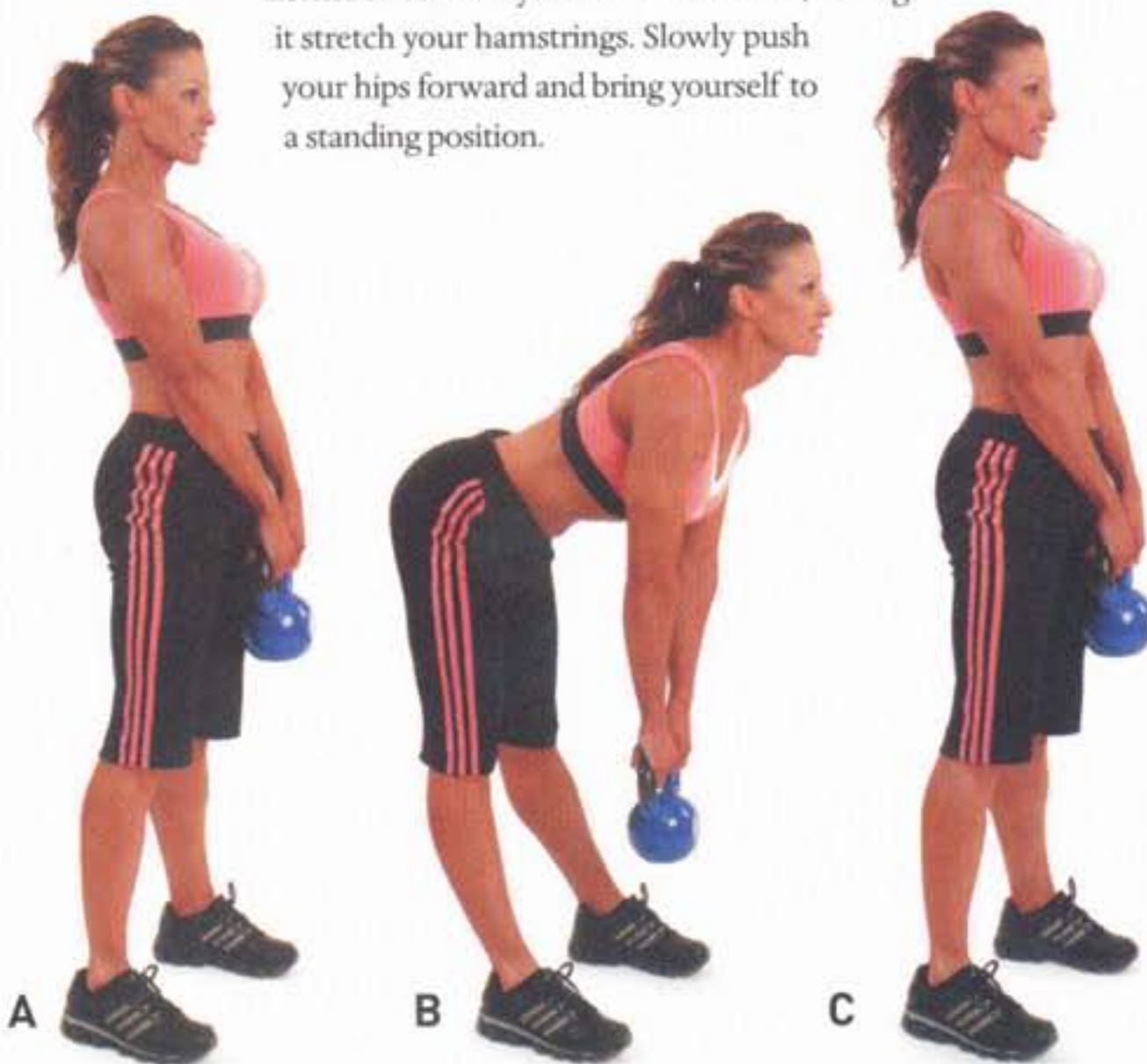
Set Up: Hold a kettlebell by its handle (also called "horn") close to your chest.

Action: Lower yourself into a squat position and drive your heels into the floor standing back up. Finish by kicking your foot in front of you and returning to a standing position. Alternate legs each repetition.

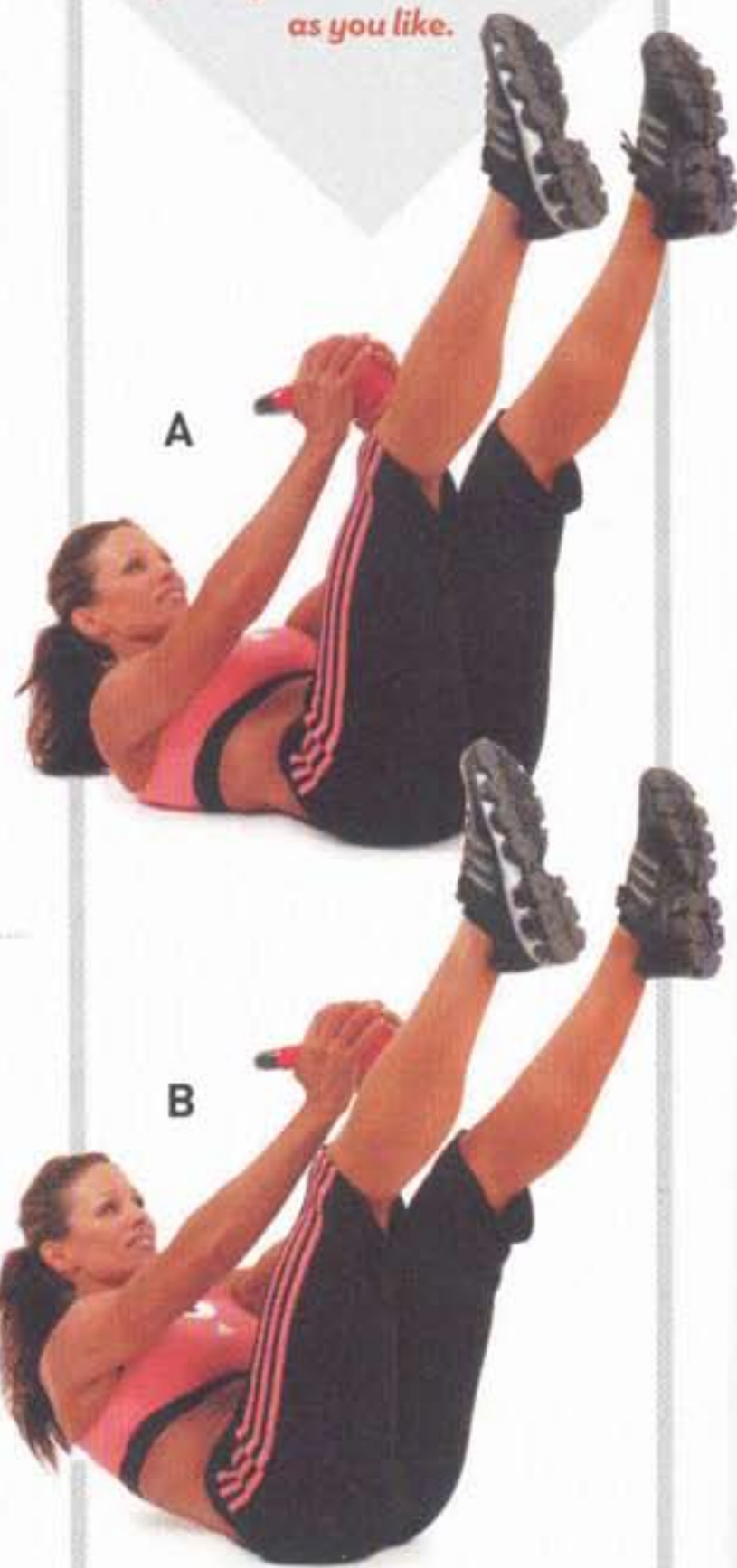
stiff-legged deadlift

Set Up: Start from a standing position with both hands on a kettlebell and push your butt back over your heels while maintaining an arch in your back and keeping your chest up as much as possible. Do not just bend over at the waist. **Action:** Lower the

kettlebell as far as you feel comfortable, feeling it stretch your hamstrings. Slowly push your hips forward and bring yourself to a standing position.



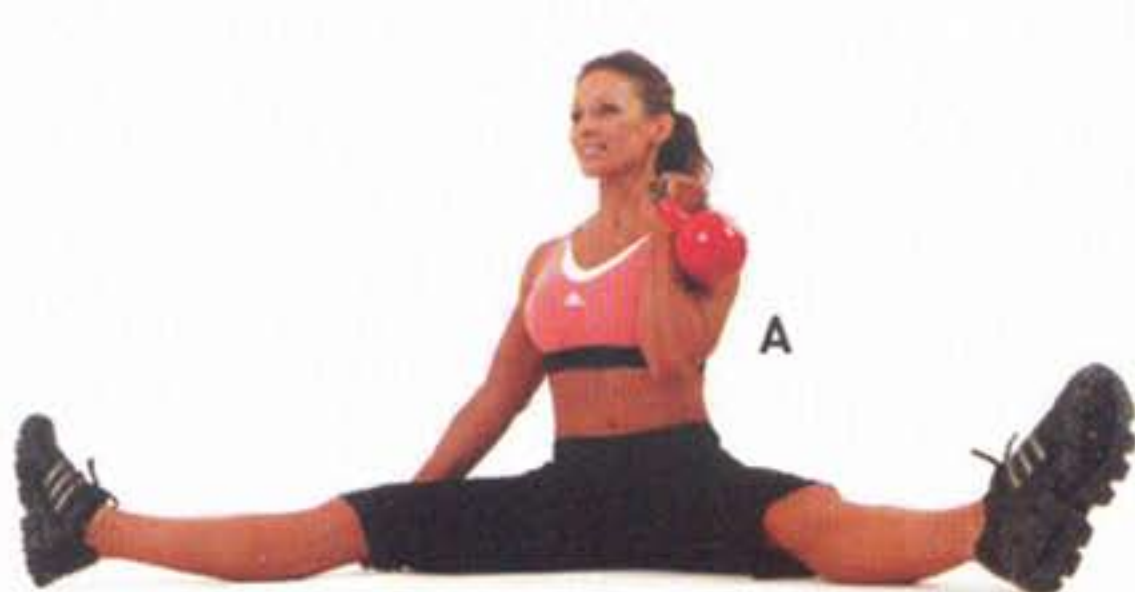
Why It's Hot The beauty of a kettlebell workout is its endless variety - take one fat-busting move and add it into your regular routine or do them all in circuit-like fashion. It's your choice - as long as you practice perfect form, you can be as creative as you like.



heel touch

Set Up: Lay on the floor with your legs up and open. Loop your thumbs into the kettlebell handle while letting your hands hold the kettlebell itself.

Action: Keeping the kettlebell pressed in front of you with your elbows locked, use your abs to push the kettlebell toward your heels.



seated shoulder press

Set Up: Sitting on the floor with your legs spread apart, bring a kettlebell to your shoulder (rack position). **Action:** Keeping your core tight, press the kettlebell over your head and then bring it back to your shoulder. **Note:** This move is deceptive because it requires you to really squeeze your abs when you press the kettlebell.

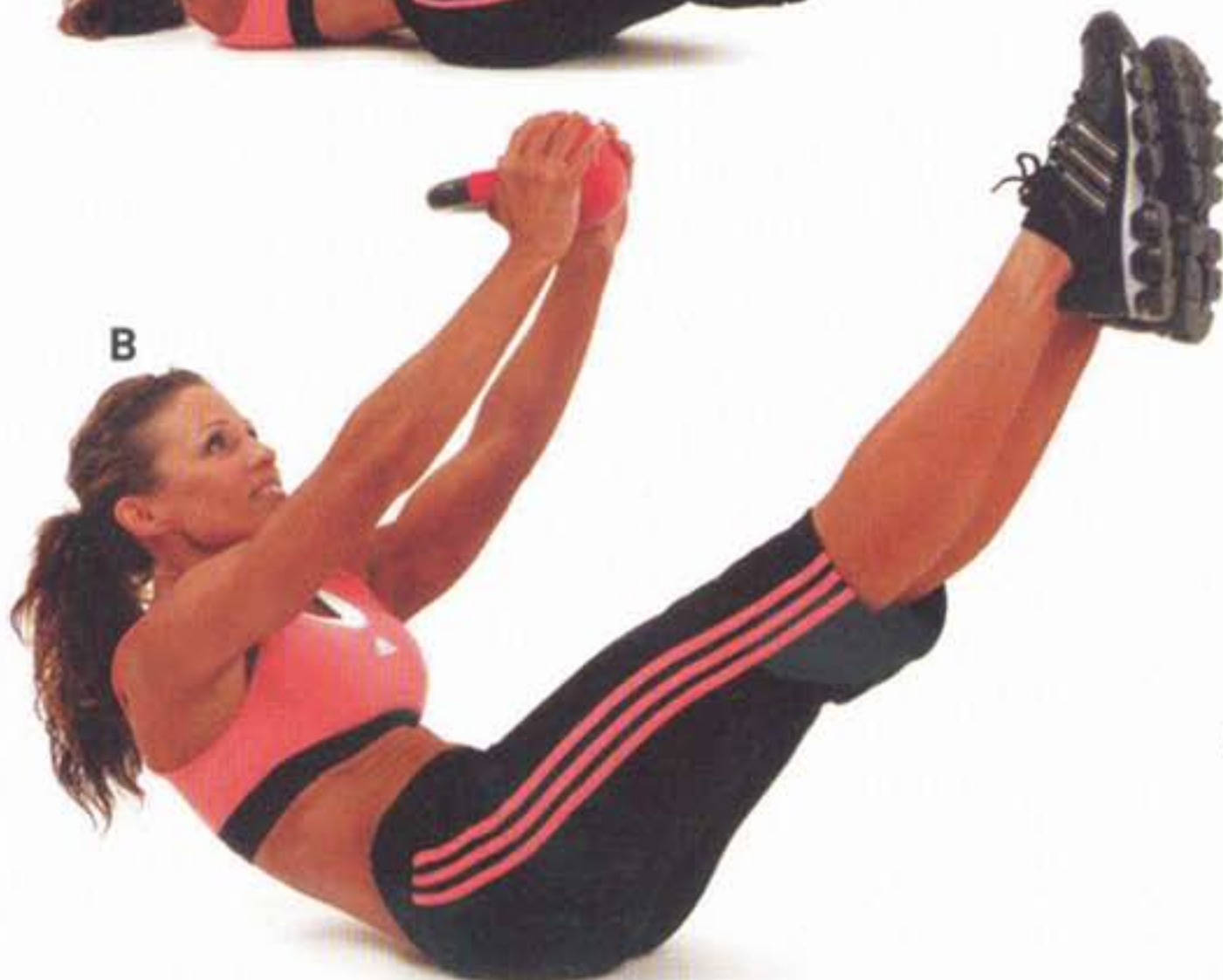
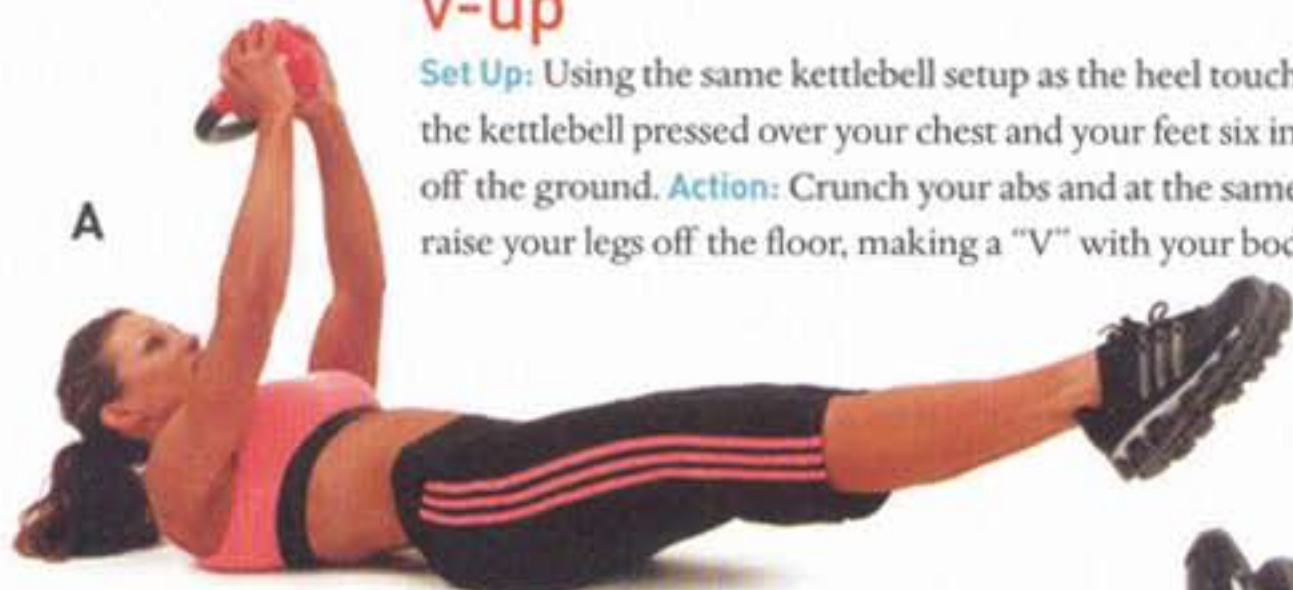


"I love this move because you have to use your core stabilizers to get that kettlebell up. You can't cheat."

- Elaine Goodlad

v-up

Set Up: Using the same kettlebell setup as the heel touch, keep the kettlebell pressed over your chest and your feet six inches off the ground. **Action:** Crunch your abs and at the same time raise your legs off the floor, making a "V" with your body.



triceps extension

Set Up: Hold the kettlebell by the handle and press it over your head. **Action:** Lower the kettlebell behind your head. Bring it back over your head to the press position using your triceps.

