

3110 Kettlebell Hardstyle Swing
Freyja Spence
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The Swing is the foundation of all kettlebell movements. The Hardstyle kettlebell swing will train the following qualities:

- Explosive power generation from the hips
- Strong glutes
- Core Endurance
- How to be maximally tense/explosive and maximally relaxed

Before you swing, you must build the foundation for the proper start and end of the movement:

Drill #1: Hardstyle Plank

Verbal Cue:

Common Errors:

Drill #2: Hike Pass

Verbal Cue:

Common Errors:

Swing Set Up:

1. Kettlebell set 1-3 feet in front of you (arm-length away)
2. Push Feet into ground
3. 3B
4. Gently Set Shoulder

Verbal Cue: Push feet, 3B, Set shoulder, Hike pass the bell and STAND UP

Common Errors: Squatting to front raise, loss of neutral spine, improper sequencing of bell descent and hip hinge.

Corrective Drills:

1. Target Below to address: _____
2. Target Behind to address: _____
3. "Hardstyle Plank" Deadlift to address:
