

Kettlebell exercises Perfect your form with Mahler's tips.

One-arm swing

Like a two-hand version, but when you send the bell between your legs, lead with your thumb and keep the bell close to your groin.



Press

When you press the kettlebell overhead, your forearm should be vertical. Press the kettlebell straight up so it's over your head.



Turkish get-up

Lie on the floor with the kettlebell held above one shoulder. Bend your knee on that side, then rotate onto your elbow on the opposite side. Straighten your arm, bring your other leg back, get on your knee, then stand.



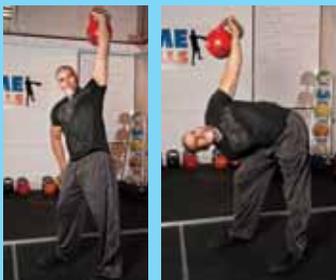
Clean

As the kettlebell swings up, bend your elbow and let the handle of the kettlebell slide from your fingers down into the base of your palm. When you rack the kettlebell keep it close to your body.



Windmill

Start with the kettlebell overhead. The leg under it should be stiff, the other slightly bent. Keeping the bell in sight and your arm vertical, shift your weight under the bell.



Bent press

Start with the kettlebell at your shoulder and legs as in a windmill. Contract your abs and slowly fall away from the kettlebell while straightening your arm.



Do the workouts

One of the great things about kettlebells is their versatility. You can use them to create different workouts depending on your goals. Mahler has put together three sessions based on the exercises shown here. You can also create your own workouts by putting the moves together but make sure that you include an equal amount of upper- and lower-body, pushing and pulling, and rotational moves.

Snatch

Swing the kettlebell then, as soon as it reaches eye level, pull your elbow back and slide your hand through to avoid the bell slapping the back of your wrist. Don't slide your hand through too early because that will turn it into more of a press than a snatch.



Rolling floor press

Lie with a bell in each hand. Rotate your torso as you press the kettlebells. Keep your knees bent and your shoulders off the ground. As you lower one kettlebell, begin to press the other one.



Renegade row

Row one kettlebell up to your side without rotating your hips or shoulders. The closer your feet are, the more demand you place on your core. Make sure your wrist is straight throughout the move.



Ten-minute killer circuit

Get incredible results in just 10 minutes with this super-fast session.

1 Turkish get-up

Reps 5 each side

2 One-arm swing

Reps 15 each side

3 Clean and press

Reps 10 (clean before each press)

4 Renegade row

Reps 10 each side

Do three rounds of the circuit. Try not to take any rest between exercises.

Rest for one minute between each round.

Superset workout

Two moves, multiple muscle groups, lots of muscle and fat-loss benefits.

1 Two-arm swing

Reps 15

2 Clean and press

Reps 8 each side

Do 10 supersets in total for each workout. Try

not to take any rest between exercises.

Rest for one minute after each superset.

Mahler's complete kettlebell program

Do this three-part workout for total body conditioning.

Monday

1 One-arm swing

Reps 15 each side

2 Alternating renegade row

Reps 8 each side (hold top position for one second on each rep)

3 Windmill

Reps 5 each side

4 One-arm clean and press

Reps 8 each side

Do five rounds per workout. Rest for 30 seconds between exercises. Rest for one minute at the end of each round.

Reps 6 each side

4 Renegade row

Reps 10 each side

Do five rounds for each workout. Rest for 30 seconds between exercises. Rest for one minute at the end of each round.

Friday

1 Two-arm swing

Reps 15

2 Turkish get-up

Reps 5 each side

3 Renegade row

Reps 10 each side

4 One-arm clean and press

Reps 10 each side.

Do five rounds for each workout. Rest for 30 seconds between exercises. Rest for one minute at the end of each round. 

Wednesday

1 One-arm clean

Reps 10 each side

2 Bent press

Reps 5 each side

3 Rolling floor press