

free printable kettlebell workouts

Unlock Your Fitness Potential: Your Comprehensive Guide to Free Printable Kettlebell Workouts

free printable kettlebell workouts offer an accessible and effective path to building strength, improving cardiovascular health, and enhancing overall fitness without the need for expensive gym memberships or personal trainers. These downloadable resources provide structured routines designed to maximize the benefits of kettlebell training, catering to various fitness levels and goals, from beginner-friendly sessions to advanced challenges. Exploring these printable guides allows individuals to bring the power of kettlebell exercises into their homes, parks, or any convenient space, making consistent training achievable and engaging. This article delves deep into the world of free printable kettlebell workouts, highlighting their advantages, how to choose the right ones, essential exercises, and tips for maximizing their effectiveness, all while ensuring you can easily integrate them into your busy life.

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Why Choose Free Printable Kettlebell Workouts?

Opting for free printable kettlebell workouts presents a multitude of advantages for individuals seeking a flexible and cost-effective fitness solution. The primary benefit is the zero financial commitment, making kettlebell training accessible to everyone, regardless of budget. This democratizes fitness, allowing individuals to leverage the unique benefits of

kettlebell training without the barrier of ongoing subscription fees or costly equipment packages. Furthermore, printable routines offer unparalleled convenience. They can be downloaded and printed, providing a tangible guide that can be taken anywhere – to the living room, the backyard, a local park, or even on vacation. This eliminates the reliance on digital devices that might run out of battery or distract with notifications, fostering a more focused training session.

The structured nature of a well-designed printable workout plan is another significant advantage. Instead of haphazardly performing exercises, a printable guide provides a clear sequence of movements, repetitions, and rest periods, ensuring a balanced and progressive training stimulus. This structure is crucial for achieving specific fitness goals, whether it's building muscular endurance, increasing explosive power, or improving cardiovascular capacity. For beginners, this guided approach helps in learning proper form and technique for fundamental kettlebell movements, reducing the risk of injury. For intermediate and advanced users, printable routines can introduce new exercises, variations, and more complex workout structures to continually challenge their bodies and prevent plateaus.

Finding the Best Free Printable Kettlebell Workouts

Navigating the vast landscape of online resources to find high-quality free printable kettlebell workouts requires a discerning approach. The first step is to identify reputable sources. Fitness blogs, well-known fitness equipment manufacturers, and established online fitness platforms often provide free, expertly designed printable workout plans as a way to attract and engage their audience. Look for websites that clearly state the target audience for the workout (e.g., beginner, intermediate, advanced) and the intended fitness goal (e.g., fat loss, strength building, conditioning). This helps ensure the chosen workout aligns with your current fitness level and objectives.

When evaluating a printable workout, pay attention to its clarity and completeness. A good printable should include a clear list of exercises, recommended sets and repetitions (or time durations), rest intervals, and any necessary instructions on form or progression. Ideally, it should also offer visual aids or links to demonstrations of each exercise, especially for those new to kettlebell training. Consider the variety of exercises included; a well-rounded workout will typically incorporate movements that target multiple muscle groups and functional patterns, such as swings, squats, presses, and carries. Avoid generic or overly simplistic routines that lack detail or specific guidance, as these may not provide sufficient challenge or safe instruction.

Another factor to consider is the overall layout and design of the printable. While functionality is paramount, a clean, well-organized, and easy-to-read format can significantly enhance the user experience. Look for printables that are formatted for standard paper sizes, use clear fonts, and are not overly cluttered with advertisements. Some printable workouts may also offer variations or modifications for different exercises, providing flexibility to adapt the routine to your specific needs or equipment availability. Always prioritize safety by selecting workouts that emphasize proper form and offer guidance on safe kettlebell handling.

Essential Kettlebell Exercises for Your Printable Routine

Certain fundamental kettlebell movements form the backbone of most effective training programs, and any comprehensive free printable kettlebell workout should feature a selection of these. The kettlebell swing is arguably the most iconic and beneficial kettlebell exercise. It's a powerful hip-hinge movement that engages the glutes, hamstrings, and core, while also providing a significant cardiovascular challenge. Mastering the swing is crucial for unlocking the full potential of kettlebell training.

The kettlebell goblet squat is another cornerstone exercise. Holding the kettlebell at chest level, this squat variation emphasizes an upright torso and deep hip flexion, effectively targeting the quadriceps, glutes, and core. It's an excellent way to build lower body strength and improve mobility. The kettlebell clean is a dynamic movement that brings the kettlebell from the floor to a racked position at the shoulder. It's a complex exercise that builds explosive power, coordination, and strength through the posterior chain, shoulders, and arms.

The kettlebell press, whether performed overhead or in a single-arm variation, is vital for developing upper body pushing strength, particularly in the shoulders, triceps, and upper chest. It also requires significant core stability to maintain balance. For a more holistic approach, exercises like the kettlebell deadlift build foundational strength in the posterior chain and are a great starting point for learning hip hinge mechanics. Kettlebell lunges, in various forms, target the legs and glutes unilaterally, improving balance and addressing muscular imbalances.

Finally, functional movements like the farmer's walk, where you hold a kettlebell (or two) and walk, are exceptional for building grip strength, core stability, and overall muscular endurance. These core movements, when incorporated into a well-structured free printable kettlebell workout, provide a comprehensive full-body training stimulus, promoting strength, power, and conditioning.

Structuring Your Free Printable Kettlebell Workout

A well-structured free printable kettlebell workout is key to achieving optimal results and ensuring a safe and effective training experience. The way exercises are sequenced, the number of sets and repetitions, and the rest periods all play a crucial role. For foundational strength and muscle building, a common structure involves performing exercises in a compound manner, moving from larger muscle groups and more complex movements to smaller, isolated ones. For example, a printable routine might start with kettlebell swings or cleans, followed by goblet squats, then presses, and finally finishing with accessory work like rows or carries.

Repetition ranges will typically vary based on the intended outcome. For strength and hypertrophy (muscle growth), repetitions between 5-12 are common, with slightly heavier weights and longer rest periods (60-90 seconds). For muscular endurance and cardiovascular conditioning, higher repetitions (15-20+) or timed sets are often prescribed, with shorter rest periods (30-60 seconds). Many printable workouts will offer guidance on these specific parameters, often outlining different workout types such as:

- **Strength-focused workouts:** Lower reps, higher sets, longer rest.
- **Metabolic conditioning (MetCon) workouts:** Higher reps or timed intervals, shorter rest, circuit-style.
- **Grip and core-focused workouts:** Emphasizing carries, farmer's walks, and holds.
- **Full-body blasts:** Combining key compound movements for a time-efficient session.

The total duration of the workout is also an important consideration. Free printable kettlebell workouts can range from quick 15-20 minute sessions perfect for busy days, to more extensive 45-60 minute routines for those with more time. The printable will typically specify the number of rounds or circuits to complete, as well as the recommended warm-up and cool-down phases. A good warm-up, often involving dynamic stretching and light cardio, prepares the body for exercise, while a cool-down with static stretching aids recovery and flexibility. Always adhere to the recommended structure for the best possible outcome.

Maximizing Your Results with Printable Kettlebell Plans

To truly maximize the benefits derived from free printable kettlebell workouts, a strategic approach to implementation is essential. Consistency is paramount; sticking to the schedule outlined in your chosen printable workout plan is more important than occasional high-intensity sessions. Aim to complete the workouts as prescribed, whether it's two or three times per week, allowing for adequate rest and recovery between sessions. The principle of progressive overload is also vital. As you become stronger and fitter, you need to gradually increase the challenge. This can be achieved by:

- Using a slightly heavier kettlebell.
- Increasing the number of repetitions per set.
- Performing an additional set or round.
- Reducing the rest time between sets or exercises.
- Choosing a more challenging variation of an exercise (e.g., a single-arm clean and press instead of a double-arm clean).

Pay close attention to the quality of your movement. Kettlebell training is highly technical, and even with a printable guide, focusing on proper form is non-negotiable. Poor form not only reduces the effectiveness of the exercise but also significantly increases the risk of injury. If a printable workout suggests an exercise you are unfamiliar with, take the time to research and practice it with lighter weights or even without weight until you feel confident in your technique. Listening to your body is also crucial. Rest when you need to, and don't push through sharp pain. Modify exercises as needed based on your body's feedback and your current capabilities.

Finally, consider how your printable kettlebell workouts fit into your broader lifestyle. Nutrition and sleep play massive roles in recovery and performance. Ensure you are fueling your body adequately with nutrient-dense foods and prioritizing sufficient sleep to allow your muscles to repair and grow. Hydration is also key; drink plenty of water throughout the day, especially before, during, and after your workouts. By combining consistent effort, progressive challenges, attention to form, and holistic lifestyle choices, you can significantly amplify the results achieved with free printable kettlebell workouts.

Tips for Safe and Effective Kettlebell Training

Safety and effectiveness go hand-in-hand when engaging with free printable kettlebell workouts. The unique nature of kettlebell training, with its dynamic movements and focus on ballistic exercises, requires careful attention to detail. Prior to beginning any workout, a thorough warm-up is essential. This should include light cardiovascular activity to increase blood flow and dynamic stretches that mimic the movements of the workout, such as arm circles, leg swings, and torso twists. This prepares your muscles and joints for the demands ahead, reducing the risk of strains and sprains.

When selecting a kettlebell, ensure it is the appropriate weight for your current fitness level and the specific exercise. It is better to start with a lighter weight and focus on perfect form than to attempt a heavier weight with compromised technique. If a printable workout offers weight recommendations, use them as a guideline but adjust based on your personal experience. Kettlebells are meant to be challenging, but they should not feel so heavy that they prevent you from completing the prescribed repetitions with good form. If you are unsure of the correct weight, it is always advisable to consult with a qualified fitness professional or start with a lighter option.

Proper technique is paramount for both safety and efficacy. Kettlebell swings, for instance, are hip-driven, not arm-driven. The power comes from the explosive extension of the hips and glutes, with the arms acting as guides. Similarly, presses require core engagement and controlled movement. If your printable workout guide includes illustrations or links to demonstrations, utilize them diligently. Consider recording yourself performing the exercises to compare your form against instructional videos. If you experience any sharp or unusual pain during an exercise, stop immediately. Pushing through pain is a direct route to injury and will sideline you from your training.

Maintaining a stable and clear workout area is also crucial. Ensure you have enough space

to perform the exercises without hitting furniture or tripping over obstacles. For ballistic movements like swings, be mindful of your surroundings. The kettlebell should travel in a controlled arc. Finally, remember that recovery is an integral part of the training process. Allow your body adequate rest days, prioritize sleep, and ensure proper nutrition to support muscle repair and growth. By adhering to these safety and effectiveness tips, you can confidently and successfully utilize free printable kettlebell workouts to achieve your fitness goals.

Frequently Asked Questions about Free Printable Kettlebell Workouts

Q: What are the main benefits of using free printable kettlebell workouts?

A: The primary benefits include cost-effectiveness as they are free, accessibility as they can be done anywhere, convenience of having a physical guide, and structure that ensures balanced training. They are excellent for beginners learning proper form and for experienced individuals looking for new challenges.

Q: How do I choose the right free printable kettlebell workout for my fitness level?

A: Look for printables that clearly state the target audience (e.g., beginner, intermediate, advanced) and the intended fitness goal (e.g., strength, fat loss, conditioning). Read through the exercises listed to ensure they are within your current capabilities, and if unsure, opt for a beginner-level routine first.

Q: What are some essential kettlebell exercises that I should expect to find in a good printable workout?

A: Key exercises typically include the kettlebell swing, goblet squat, clean, press, deadlift, and lunges. Variations of these, along with carries like the farmer's walk, often form the core of effective printable routines.

Q: Can free printable kettlebell workouts really help with weight loss?

A: Yes, absolutely. Kettlebell training, particularly when incorporating dynamic movements like swings, is highly effective for burning calories and boosting metabolism. Printable workouts designed for conditioning and high-intensity intervals can be particularly beneficial for weight loss.

Q: How often should I perform a free printable kettlebell workout?

A: For most individuals, performing a kettlebell workout 2-3 times per week, with at least one rest day in between sessions, is recommended. This allows sufficient time for muscle recovery and adaptation.

Q: What if I don't have the specific kettlebell weight recommended in a printable workout?

A: It's best to adjust the weight to suit your current strength. If a printable suggests a weight that's too heavy, use a lighter one and focus on perfect form. If it's too light, consider increasing repetitions or sets, or progressing to a more challenging variation of the exercise in future sessions.

Q: How can I ensure I am using proper form with a printable kettlebell workout?

A: If the printable provides links or images, study them carefully. Watch reputable online video demonstrations of each exercise, focusing on technique. Consider practicing new exercises with a lighter weight or even without weight initially. If possible, consult with a fitness professional for guidance.

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free printable kettlebell workouts: Kettlebell Workouts and Challenges V1.0 Taco Fleur, 2018-03-16 This book is targetted to at-home kettlebell enthusiasts, MMA and BJJ fighters, and crossfitters that use their open box time for kettlebell WODs. This book is even for budding trainers that want to know more about the Cavemantraining programs, and learn the basics on how to run them. programs, on how to run them. 40+ serious kettlebell workouts, 4 kettlebell challenges, many are paired with very detailed videos. - Beginners to advanced workouts. - How to score AMRAP workouts. - Finer details on many of the exercises. - Quality emphasis on warming-up and mobility. - Full details of the popular Thorax Workout included in this book. - Additional ideas on how to make your WODs even more popular and exciting. - Additional little tips and information for personal trainers. Each workout is 100% kettlebells, mixed with bodyweight, or mixed with other equipment. Some workouts will have alternatives, or progressions. alternatives, or progressions. These are not shoddy quick workouts put together for a book, I've performed each and every workout listed in this book, and so have hundreds of others. -Taco Fleur This book is called Kettlebell Workouts and Challenges 1.0, obviously this book is then about the workouts and challenges, hence, I will be

linking to a lot of external information rather than turning this into a book about kettlebell exercises, and / or technique, I already have several books on those. This is not to say that this book does not contain technique or exercise information, but it is kept to a minimum, illustrated with many photos, while linking to more online info. The title is prefixed with 1.0 as we will be putting out plenty of more books with new workouts. **BONUS:** 1. Information for trainers on how to run your own Caveman Circuit, and Boot Camp. 2. Downloadable workout PDF that can be downloaded, printed and taken to the gym. 3. Downloadable kettlebell grip PDF that will improve your kettlebell training instantly. 4. Downloadable PDF that will improve your racking for resting and endurance. 5. Free kettlebell workouts mobile app for the Android.

free printable kettlebell workouts: *Kettlebell Workouts And Challenges 4* Taco Fleur, 2023-08-17 Kettlebell workouts for AMRAP, FOR TIME, EMOM, Circuit, Interval, HIIT, and so much more. When you buy this book, you will get intelligently designed kettlebell workouts that deliver results for people at home with one or more kettlebells from beginner to advanced and always scalable. The book contains kettlebell strength workouts, AMRAP workouts, FOR TIME workouts, high-intensity interval workouts, flexibility and mobility workouts, endurance workouts, and so much more. The book contains many under 20 and 30-minute workouts for people who are limited on time. Just grab your kettlebell, pick a 12-minute workout, and get your calorie burn in for the day. You will also get strategies and plans to incorporate these workouts into a long-term progression for certain goals. For those who are not yet familiar with all kettlebell techniques, the book also includes tips on form and technique plus common mistakes. It's very rare that a double kettlebell workout from this book can't be performed with a single kettlebell and just performing the work on one side and then the other. Therefore, even if you have just one kettlebell, you can still complete the double kettlebell workouts and as you progress with your technique and strength, you can work your way up to double kettlebell work. Each of these workouts has been designed and completed by myself, they have been completed by other Cavemantrainers, and many of our private members. In other words, they have been tested before they got to you. When it comes to kettlebell challenges, usually, I include quite a few challenges in the book, this time, the book is full of workouts and I picked the best so that there was no need to include more than two challenges. There is so much info on one of the challenges that you really could spend the rest of your training days following the challenge and obtain some of the best results you've ever seen with your training. When I completed this challenge, I was in the best shape of my life. **FORM AND TECHNIQUE FIRST WEIGHT AND REPS SECOND** Cavemantraining, creating workouts since 2009. We have made it our mission to do things differently from the start and go against the grain. We're not stuck on one style or one way of doing things. We experiment, we analyze, we progress, and we create some of the best hybrid workouts out there. Cavemantraining is a pioneer in the kettlebell world. We've designed over one thousand unique and original kettlebell workouts. Each one has been carefully designed with a goal in mind, so there's something for everyone looking to improve their strength through kettlebells. Since 2009, Cavemantraining has served over 18,000 online students, sold over 15,000 books, created videos with over 12 million views, and built online communities reaching over 150 thousand people. We hope you'll allow us to be a part of your journey as you discover and learn everything there is about the kettlebell. **Who Will Benefit From Buying This Book?** Literally, anyone who has at least one kettlebell and is interested in some of the world's best kettlebell workouts will benefit from buying this book. There are basic workouts, beginner workouts, complex, double kettlebell, and advanced exercises in this book, but it's for everyone. I provide clear instructions on how to perform two-kettlebell workouts if you only have one bell, and I explain alternatives and progressions so that you can complete the workout and work your way up to the more advanced exercise when they are used. This book is for those who are tired of performing boring workouts that just contain swings, presses, squats, and presses. This book is for those who want to venture further and expand their knowledge to see what's truly available in the kettlebell world. It's for people who want to benefit from endurance, cardio, strength, power, flexibility, mobility, hybrid workouts, and so much more exciting training.

free printable kettlebell workouts: Kettlebell Training Fundamentals Taco Fleur, 2018-03-01
What Will I Learn? - Use kettlebells safely and effectively for your own training, or that of others - Execute the four important movements in kettlebell training: swing, press, clean, and row - Understand all kettlebell grips that will bring your training to the next level - Learn the important things that are usually overlooked or rushed through - See a whole new world, not just white or black, learn that if it's safe, meet goals, it's good Contains hundreds of detailed photos, links to videos, and step by step instructions. Everything you need to learn kettlebell training, or how to teach others. Reviews: An extremely good read. Recommended. A kettlebell Great addition to any library users. I personally Have Gained more knowledge That will assist me with my journey using kettlebells as an enthusiast and an instructor. Bryan Trish (Kettlebell instructor and personal trainer) A great book for anyone wanting to integrate kettlebells into their workouts Taco covers a lot of information which will help you maximize your training. Links to videos are added bonus and assist with the technical aspects of kettlebell training. Links to videos are added bonus and assist with the technical aspects of kettlebell training. Mark Godwin (Director, Fit Biz UK)

free printable kettlebell workouts: *Kettlebell Workout: Your Step by Step Guide to Using Kettlebells (The Ultimate Kettlebell Workout to Lose Weight Using Simple Techniques)* Priscilla Lapierre, 2021-10-26 The oddly shaped and versatile kettlebell has only recently gained attention in popular fitness. These objects serve as tremendous ballistic training tools that can quickly result in increases across all fitness domains. This how to book takes you step-by-step from the history of kettlebells, to basic biomechanics, and through an extensive repertoire of kettlebell movements. Each movement is carefully explained and demonstration photos are provided throughout. Just some of the questions and topics covered include: • What are kettlebells and how do you use them? • What types of exercises are available? • What are the benefits vs. Traditional strength training methods? • What would be a good beginner's workout with kettlebells? Strength training with kettlebells helps you to get the maximum advantage out of your time & effort investment in your kettlebell routine. Working out with kettlebells is not simply replacing the dumbbell routines with kettlebells. The off-centre weight of kettlebells can be a boon for certain exercises and it can be a danger to you too if the bells are not handled properly.

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teach their clients the kettlebell swing step-by-step, or whether you're a kettlebell enthusiast who is looking to strengthen the back, improve cardio, strengthen the core, improve flexibility or potentially eradicate neck and back pain, this book is for you. Improve your squat, improve your deadlift, improve your mobility, and improve everyday tasks with just one simple exercise. Why BASIC? The title of this book contains the word basic for the sole purpose that we have dedicated this book to just one version of the kettlebell swing and we're going to release another book called Master The Kettlebell Swing which covers every swing variation imaginable. In effect, this book is all you need if you want to master the most popular swing for fitness. If you want to get the nitty-gritty on the swing and learn each and every variation, wait. There is no nonsense or page filling content in this book, the content is all directly related to the kettlebell swing, following is the index for the book:

The Conventional Two-Arm Kettlebell Swing (Hip Hinge Style) Introduction Swing Variations Squatting versus Hip Hinging Pre-requisites and progression Posture Muscles Involved Muscle Groups Four Phases Pendulum Concept Explosiveness Plank drill The height of the Swing Breathing Timing Calluses and Hand Maintenance Chalk Gloves Footwear Quality over Quantity Grow Gradually Choosing Weight Common Sense The Movement Step by Step Faults and Correction Hyperextending the Back Happy Feet Frontal Raise Kettlebell Coming too Low Rounded Back Kettlebell Bobbing Cowboy Legs Torso Coming too Low Knees Staying Bent Feet too Far Apart Power Swinging Aches and Pains Lower Back Forearms Elbow / Upper Arms Shoulders Knees Cues Notes

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free printable kettlebell workouts: Kettlebell Guide for Beginners Taco Fleur, This kettlebell training book is a quick introduction to kettlebell training for beginners. It's a kettlebell guide for beginners with dot points rather than lengthy explanations. This book is all about quick access to information. I've taken feedback from other books onboard where people said it was too expensive, there was too much information and they just wanted to dive straight in. This book is cheaper than other books as I've left links to additional videos out and cut things down to just the essentials. I am including a bonus voucher code toward the end of the book which you can use to purchase a 2 hour streaming video which covers all the information covered in these 21 days step-by-step, it's fully optional to purchase and not required but a great additional for those who are more visual and like to hear someone talk. You can also find the DVD on Amazon by searching for 21-Days to Kettlebell Training for Beginners DVD Bonus You'll also get a voucher for the Udemy course and Android app which means you can either get yourself a certificate through Udemy and/or play the videos via the mobile app on your TV. Combined with this book these resources will undoubtedly help you lay the best foundation for kettlebell training. Table of Contents Day 1 Warming up and priming for kettlebell training Day 2 Stretching and mobility for kettlebell training Day 3 Kettlebell anatomy and grip Day 4 Safely lifting the kettlebell with a squat Day 5 Safely lifting the kettlebell with a hip hinge Day 6 Assisted kettlebell clean Day 7 Kettlebell squat swing Day 8 Kettlebell hip hinge swing Day 9 Kettlebell pendulum swing Day 10 Double arm swing clean Day 11 Kettlebell dead clean Day 12

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enough information to keep it basic and understandable. **Kettlebell Squat** The squat is a movement in which three joints flex, namely the ankle, knee, and hip joints. During the movement, the objective is to get the hips as low to the ground as possible while keeping the shoulders as high as possible. The squat can be performed with the kettlebell(s) overhead, racked, or dead, however, when dead, it will be moved to the category of a lift. **Kettlebell Swing** A swing takes place when an object moves back and forth or from side to side while suspended. The swing is the foundation for many other exercises, such as the clean and snatch. The swing can be actioned as a pull or pendulum. The most common variation outside of the sport world is the pulling version whereas in the sport world it's the opposite and the pendulum is common. **Kettlebell Snatch** A snatch is a movement in which the kettlebell is rapidly raised from a lower position—always below the hips—to above the head in one continuous smooth explosive movement. An example of a few common start positions are dead, hanging, and swinging.

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only one joint and a limited number of muscle groups. Isolation allows you to focus more and go heavier. A good example is an exercise that is performed standing up, standing up will require more muscle recruitment, whereas a laying down exercise will take out all those muscles that were required to stand up, i.e. calves, quadriceps, gluteals, erector spinae, and many more. Multi-planar Exercises The exercises listed in this category are not the only multi-planar exercises, there are many more, a good example of a popular multi-planar exercise not listed here is the kettlebell snatch. The reason the exercises are listed under this category is that there was not one parent exercise category under which they fall. In basic terms, multi-planar exercises are those that go up, down, back, to the side, etc. they move through multiple planes of movement in one rep. A good example of a non-multi-planar exercise is the shoulder press. Note, whether an exercise is or isn't multi-planar doesn't make it a bad or good exercise, it just describes that it goes through multiple planes of movement.

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all kettlebell exercises could be thought of like a lift, i.e. snatch, press, clean, swing, etc. However, we're going to classify a lift as a movement in which the kettlebell is brought from a low to a higher position via a slow movement. We're excluding explosive movements as they have their own classifications, i.e. press, snatch, clean, and swing. Kettlebell Lunge To define the lunge a few assumptions will be made. The dictionary defines the word as making a sudden forward thrust with part of the body, in our context that part of the body would be the leg. A lunge is also the basic attacking move in fencing, which is very similar to the lunge exercise as we know it. The lunge as we know it not only moves forward but all different directions, back (reverse), side, etc. The difference between the lunge used in fencing and exercise is that the back knee usually bends and gently taps the floor to set a standard for depth.

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