

What are the benefits of Kettlebell training?

- It is designed for all people, all ages, all fitness levels with the exception of those with the noted contraindications below:
 - Shoulder impingement
 - Carpal tunnel
 - Hypertension
- Total body workout
- Reduces overall training time
- Infinite number of exercise options
- Improves cardiovascular fitness
- Builds muscular strength and stability
- Increases grip strength
- Teaches your body how to contend with constantly changing center of gravity
- Exposes weaknesses and corrects imbalances

General Guidelines for Safety

- Be aware of your surroundings (5x5 area)
- Avoid wearing lotion
- If you lose control, get out of the way. Trying to recover could lead to injury.
 - Push kettlebell away from your body and step aside
- Treat a light kettlebell like it is a heavy one
- Quality over Quantity
 - It takes 300-500 repetitions to learn a new movement and 3,000-5,000 repetitions to correct a faulty movement.

Sets, Repetitions, Resistance and Frequency

- Perform one set of each exercise at first and slowly build up to **2-4 sets**.
- **8-20 repetitions** per set are recommended to improve muscular strength and endurance.
- Pick a resistance heavy enough to **tire or fatigue** your muscles; by the final repetition, you should feel like you can barely finish.
- Strength training should be done **2-3 days per week on non-consecutive days** (for full body programs).

Proper Etiquette

- Wipe down Kettlebells with a pre-moistened wipe and return to rack after use
- Please exit Training Studio 15 minutes prior to the start of the next scheduled service