

IRON MAIDEN

Reach your fitness goals even faster with the help of the original resistance tool, the kettlebell

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A basic 20-minute kettlebell workout can burn a minimum of 300 calories while building muscle and increasing strength throughout the entire body.



For the past few decades, there have been a couple of free-weight mainstays in the realm of strength-training tools, namely dumbbells and barbells.

Now's your chance to add another piece of equipment to your repertoire. No more eyeing that kettlebell, wondering what it — and you — are capable of. It should already be in your hands, racked and ready to do this workout. Do we hear, "I accept your challenge!"? Thought so.

THE BASICS

A kettlebell is a piece of cast iron with its weight centered below a U-shaped handle. Because of its weight distribution, using a kettlebell will allow you to engage every muscle in your body during every rep of every exercise. In fact,

a basic 20-minute kettlebell workout can burn a minimum of 300 calories while building muscle and increasing strength throughout the entire body. This workout will do much more than that, thanks to its specially formulated, high-intensity metabolic finisher.

THE GIST

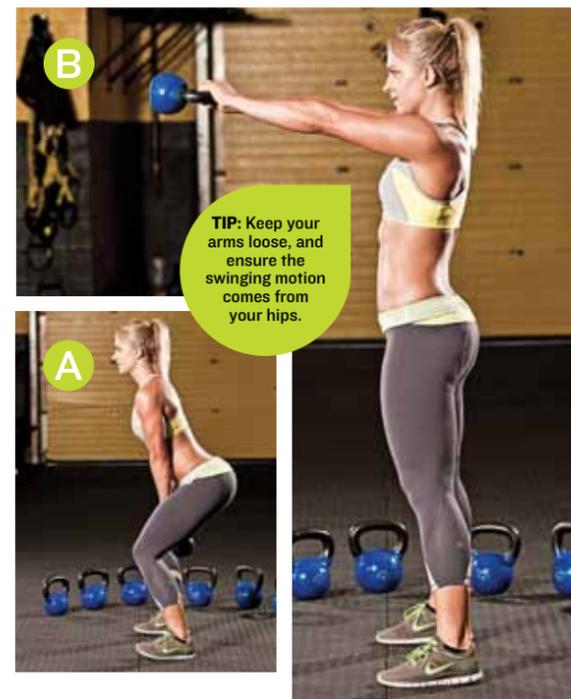
We're going to use the following seven kettlebell exercises to engage your entire body in one sweat-inducing, time-efficient workout. Depending on the weight of the kettlebell and your level of intensity (i.e. how quickly you perform each move),

EXERCISE	SETS	REPS	METABOLIC FINISHER
Kettlebell Swing	3	20	After you've finished the twists, choose three exercises, plus the toe touches.
Single-Armed Swing	3	20*	
Squat	3	15	
Squat Press	3	15	Complete each exercise for 30 seconds with 20 seconds' rest between each. Repeat for a total of three rounds.
Reverse Lunge	3	10*	
Renegade Row	3	10*	
Twist	3	15*	
*Per side			

three rounds should leave you sweating. But just when you think you are done, we ramp up the workout with a metabolic finishing move, designed to increase your heart rate and burn fat while still building lean muscle. Remember to track your progression, train hard, and watch your fitness level drastically increase in just one month.

READY TO GO?

Choose a kettlebell with a weight that will challenge you within the specified number of reps (try starting with a 15-pound 'bell and increase the weight every two weeks). Do the workout three times a week for the next four weeks, and you'll undoubtedly become a lean iron machine!



TIP: Keep your arms loose, and ensure the swinging motion comes from your hips.

KETTLEBELL SWING

Targets: the glutes, abdominals, and shoulders

Stand with your torso upright and feet slightly wider than shoulder-width apart. Grasp the kettlebell with an overhand grip just above the height of your knees. **A** Begin by slightly squatting and dipping forward from the hips, swinging the kettlebell behind you and under your body. **B** Thrust your hips forward and extend your legs to provide the momentum for a swing. Exhale as you rise while engaging your glutes and core. Keep the motion continuous, without pausing between reps.



TIP: You may want to use a lighter kettlebell for this move, to prevent injury.

SINGLE-ARMED SWING

Targets: the glutes, abdominals, and shoulders

A Position yourself the same as in the kettlebell swing but hold the kettlebell in one hand and place your other hand either on your hip or behind your back. **B** Perform the motion as described in the first exercise; when your set is through, switch sides and repeat.

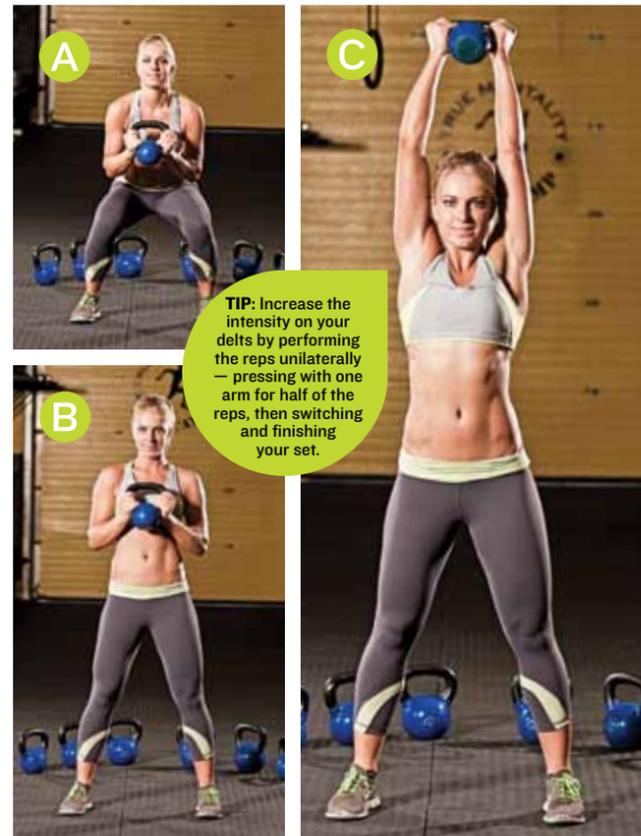


TIP: Throughout each rep, keep your back flat, chest up, and head forward.

SQUAT

Targets: the glutes, hamstrings, and quads

A Hold the kettlebell with both hands at chest height and stand with your feet slightly wider than your shoulders. **B** Bend your legs to lower your glutes toward the ground while keeping your chest up, the pressure in your heels, and pushing your hips backwards; your thighs should hit parallel to the ground. Exhale as you imagine pushing the floor away from you on your way up.



TIP: Increase the intensity on your delts by performing the reps unilaterally — pressing with one arm for half of the reps, then switching and finishing your set.

SQUAT PRESS

Targets: the glutes, hamstrings, quads, and shoulders

A Set yourself up in the same way you did for the squat, but this time, **B** as you stand, **C** exhale and press the kettlebell above your head by straightening your arms. Return the kettlebell to your chest to prepare yourself for your next rep.



TIP: Even as you pass the weight under your front leg, focus on maintaining a flat back and lifted chest.

REVERSE LUNGE

Targets: the glutes, hamstrings, and quads

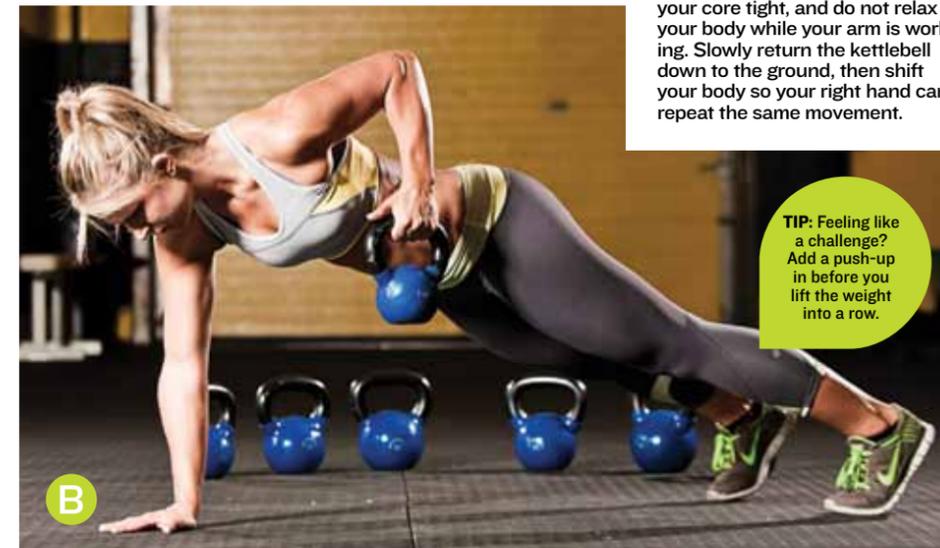
A Hold the kettlebell in your left hand and step your left leg behind you, bending both legs, to perform a lunge, dropping your back knee to a height of one inch off the ground. **B** Pass the kettlebell under your right leg and into your right hand **C** before returning your left leg to the starting position and standing. Repeat, alternating legs with each rep.



RENEGADE ROW

Targets: your back, chest, and abdominals

A Get into a standard push-up position with your legs apart and a kettlebell in front of your left arm. Place your left hand on top of the kettlebell handle, being sure to stack your joints, keeping your shoulder and wrist on top of one another. **B** Next, forcefully lift the kettlebell up toward the side of your chest; remember to keep your core tight, and do not relax your body while your arm is working. Slowly return the kettlebell down to the ground, then shift your body so your right hand can repeat the same movement.



TIP: Feeling like a challenge? Add a push-up in before you lift the weight into a row.

TWIST

Targets: your abdominals and shoulders

A Start in a seated position with your knees bent and feet flat on the floor. (Advanced version: lift both feet from the ground.) **B** Hold the kettlebell with both hands and twist from side to side, lightly touching the kettlebell to the ground on each side.



TIP: Keep your shoulder blades back and down to maintain a flat back and neutral spine.



TIP: Glue your arms to your sides as you perform this motion. Think about making your body tight and aerodynamic.



TOE TOUCH

Targets: the cardiovascular system

A Place the kettlebell on the ground with its handle down. Tap your right foot on top of the kettlebell, **B** and quickly switch to your left foot in a continuous right-to-left pattern. **TVM**