

**The Other Side of**

# **STRENGTH**

## **KETTLEBELL SEMINAR**

## **WORKBOOK**



**SACRAMENTO'S  
FOREMOST AUTHORITY  
ON KETTLEBELL TRAINING**

**[TheOtherSideOfStrength.com](http://TheOtherSideOfStrength.com)**



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- Pick the kettlebell up with one hand.
- Let it swing back between the legs.
- Reverse the motion primarily using the back & hips.
- Bend your arm at the top.
- Push the bell back down between the legs.
- Follow the bell with your eyes.
- Keep the back in a neutral position.



Rotate the bell to approx. 45 degrees at the bottom position.

# 1 HAND SWING



**Muscle groups worked:**

**Hamstrings Hips  
Glutes Shoulders  
Lower-Back Grip**