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Kettlebell Fundamentals: Optimizing Movement, Rehabilitation, and Strength Training
Objectives

- Integrated Training Philosophy
- Hard Style of Kettlebell Training
- Developmental Kinesiology
- Qualification for the Movement
- Kettlebell Fundamental Movements
- Programming: System for Success
Iron Body Studios Training Philosophy

- Manage Body Weight Movements
- Quality
- Quantity
- Sustainable Movements
- Sustainable Programs
Hardstyle Kettlebells

- Safety
- Breathing
  - Power Breathing
- Barefoot Training
  - Barefoot in Boston by Art Horne
- Hard Style of Training
  - Bracing to perform movements
  - Hip Hinge
  - Ballistic and Grind
- Tension and Relaxation
- Safety
Hardstyle Kettlebells
Hardstyle Kettlebells

- Balanced Muscular Co-activation
- Joint Centration
  - Every joint position depends on stabilizing muscle function and coordination of local and distant muscles to ensure “centration” of joints in all possible positions
Functional Joint Centration

- The best possible distribution of load at the articular surfaces during each position in the course of movement
- Ensures the ideal path of instantaneous center(axis) of rotation during the movement
This law speaks to the fact that neurological activation of musculature surrounding the intended muscular contraction will act to ramp up strength/tension development.

- **Motor Unit Activation**
  - Preventing inhibition, improving neural drive
Developmental Kinesiology

- Developmental Approach
- Head Control
- Ground Based Training
  - Supine movements
  - Prone movements
  - Rolling
  - Quadruped
  - Rocking
  - Crawling
Qualification for Movement

- Breathing
- Neck Mobility
- Shoulder Mobility
- Thoracic Mobility and Stability
- Lumbar Stability
- Hip Hinge
- Full Hip Extension
- Knee
- Ankle
Why Kettlebells?

- Easy to use
- Decrease Load for same Physiological Effect
- Principle of Progressive Adaptation
- Load < or equal to Capacity = Rehab
- Capacity >> Load = Prevention
Warm Up

- Work through a warm up
- Gather a few kettlebells
Kettlebell Fundamental Movements

DEAD-LIFT (GRIND)

- Active Straight Leg Raise (ASLR)
- Toe Touch
- Hip Hinge against the wall
- Band hinge
- Bag Hinge
- Elevated
- Suitcase
- Traditional Kettlebell
Kettlebell Fundamental Movements

**GOBLET SQUAT**
- Isometrics
  - Passive Range Lift off
- Minimal Lumbar Tuck

**GRIND**
TWO HAND KETTLEBELL SWING (BALLISTIC)

- Ballistic Movement
- Hip Hinge
- Band Swing
- Bag Swing
- Hip Hike
- Dead Start Swing
- Swing
Kettlebell Fundamental Movements

TURKISH GET UP (GRIND)
Lab and Movement:
Programming with a System:

CLINICAL
- Breathing
- Warm-Up
- Site Specific Tissue Work
- Site Specific Rehabilitation
- Ground Based Full Body Work
- Full Body Integrated Strength Movements
- Conditioning

STRENGTH AND CONDITIONING
- Breathing
- Warm up
- Core and Correctives
- Ground Based and Prep
- Strength and Skill
- Conditioning

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Thank you!

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