

of the Exercise Month

July 2018

Kettlebell Windmill

Purpose: Improve core strength, stability, and balance. Increase mobility.

Target Muscles: Core

Assisting Muscles: Hamstrings, Glutes, Shoulders

Equipment: Kettlebell

Start: Begin standing with your feet shoulder width apart and angled at a 45 degree angle away from the arm holding the kettlebell. Lift the kettlebell overhead with your hand directly over your shoulder.

Movement Phase 1: Without moving the feet, shift the hip that is under the kettlebell back at a 45 degree angle. Maintain a slight bend in the front knee as you slide your hand down your leg and lower the torso. Keep your chest facing forward and the kettlebell directly above your shoulder.

Movement Phase 2: Slide the bottom hand back up your leg while maintaining the open body position with chest facing forward. Return to standing position with kettlebell overhead.

Repeat: Use this move in sets of 8-12 to increase strength.

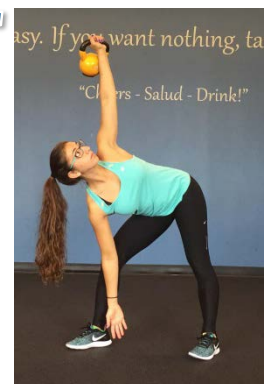
Modification

To modify this exercise, try it without the kettlebell. If the full move is too challenging, limit the range of motion by not coming down all the way.

1



2



From Corporate Fitness Works Team Leader, Kerriann Hill

Corporate Fitness Works, Inc.