

The Great Kettlebell Handbook

Exercise	Muscles worked
The Hinge (pg. 18-19)	Hip and Spine Extensors
The Hinge (pg. 18-19)	Hip, Knee and Spine Extensors, Shoulder flexors, Elbow Extensors, Wrist Stabilizers, Scapular Stabilizers
Swing - One Handed (pg. 20)	Hip, Knee and Spine Extensors, Spine Rotators, Shoulder flexors, Scapular Stabilizers
Swing - Two Handed (pg. 21)	Hip, Knee and Spine Extensors, Shoulder flexors, Scapular Stabilizers
The Switch (pg. 22)	Hip, Knee and Spine Extensors, Spine Rotators, Shoulder flexors, Scapular Stabilizers
The Clean (pg. 23)	Hip, Knee and Spine Extensors, Spine Rotators, Scapular Stabilizers, Shoulder & Elbow flexors
Overhead Push Press (pg. 24)	Shoulder Flexors, Elbow Extensors, Wrist Stabilizers, Scapular Stabilizers, Spinal Core Stabilizers
Military Press One-Arm (pg. 25)	Shoulder Abductors, Elbow Extensors, Wrist Stabilizers, Scapular Stabilizers, Spinal Core Stabilizers
Double Overhead Press (pg. 27)	Shoulder Abductors, Elbow Extensors, Wrist Stabilizers, Scapular Stabilizers, Spinal Core Stabilizers
Alternating Overhead Press (pg. 28)	Shoulder Flexors, Elbow Extensors, Wrist Stabilizers, Scapular Stabilizers, Spinal Core Stabilizers
Floor Press Single - One Arm (pg. 29)	Shoulder Flexors, Elbow Extensors, Wrist Stabilizers, Scapular Stabilizers, Spinal Core Stabilizers
Floor Press Double - Double Arm (pg. 30)	Shoulder Transverse Adductors, Elbow Extensors, Wrist Stabilizers, Scapular Stabilizers, Spinal Core Stabilizers
Half Get-Up (pg. 31)	Shoulder Flexors, Elbow Extensors, Wrist Stabilizers, Scapular Stabilizers, Neck and Spinal Extensors, Rotators and Core Stabilizers, Abdominals, Hip Flexors
Turkish Get-up Lunge Style (pg. 32)	Phase 1 Laying: Shoulder Flexors, Elbow Extensors, Wrist Stabilizers, Scapular Stabilizers, Neck and Spinal Extensors, Rotators and Core Stabilizers, Abdominals, Hip Flexors Phase 2: Standing-up: same as above and Hip, Knee and Ankle extensors

<p>Turkish Get-up Squat Style (pg. 32)</p>	<p>Phase 1 Laying: Shoulder Flexors, Elbow Extensors, Wrist Stabilizers, Scapular Stabilizers, Neck and Spinal Extensors, Rotators and Core Stabilizers, Abdominals, Hip Flexors Phase 2: Standing-up: same as above and Hip, Knee and Ankle extensors</p>
<p>Split Lunge (pg. 34)</p>	<p>Hip, Knee and Ankle extensors, Wrist and Finger flexors</p>
<p>Front Squat (pg. 35)</p>	<p>Hip, Knee and Ankle extensors, Shoulder Flexors, Elbow Flexors, Wrist Stabilizers, Scapular Stabilizers, Spinal Extensors and Core Stabilizers</p>
<p>Overhead Squat (pg. 36)</p>	<p>Hip, Knee and Ankle extensors, Shoulder Flexors, Elbow Extensors, Wrist Stabilizers, Scapular Stabilizers, Neck and Spinal Extensors, Rotators and Core Stabilizers</p>
<p>Face-the-Wall Squat (pg. 37)</p>	<p>Hip, Knee and Ankle extensors, Wrist and Finger Flexors, Scapular Stabilizers, Spinal Extensors and Core Stabilizers</p>
<p>Reverse Lunge (pg. 38)</p>	<p>Hip, Knee and Ankle extensors, Wrist and Finger Flexors, Scapular Stabilizers, Spinal Extensors and Core Stabilizers</p>
<p>Tactical Lunge (pg. 39)</p>	<p>Hip, Knee and Ankle extensors, Wrist and Finger Flexors, Scapular Stabilizers, Spinal Extensors and Core Stabilizers</p>
<p>Romanian Deadlift (pg. 40)</p>	<p>Hip, Knee and Ankle extensors, Wrist and Finger Flexors, Scapular Stabilizers, Spinal Extensors and Core Stabilizers</p>
<p>Suitcase Deadlift (pg. 41)</p>	<p>Hip, Knee and Ankle extensors, Wrist and Finger Flexors, Scapular Stabilizers, Spinal Extensors and Rotators, and Core Stabilizers</p>
<p>Bent-Over Row (pg. 42)</p>	<p>Shoulder Extensors, Elbow Flexors, Wrist and Finger Flexors, Scapular Retractors, Spinal Extensors, Core Stabilizers, Hip, Knee and Ankle Stabilizers</p>
<p>Staggered Standing Bent-Over Row (pg. 43)</p>	<p>Shoulder Extensors, Elbow Flexors, Wrist and Finger Flexors, Scapular Retractors, Spinal Extensors and Rotators, Core Stabilizers, Hip, Knee and Ankle Stabilizers</p>
<p>Planked Row (pg. 44)</p>	<p>Shoulder stabilizers, Elbow Extensors, Wrist and Finger Flexors, Scapular Retractors, Spinal Extensors and Rotators, Core Stabilizers, Abdominals, Hip Flexors, Knee and Ankle Stabilizers</p>
<p>Setting-up The Windmill (pg. 45)</p>	<p>Shoulder Abductors and stabilizers, Elbow Extensors, Wrist and Finger Flexors, Scapular Stabilizers, Spinal Lateral Extensors and Rotators, Core Stabilizers, Obliques, Hip Extensors, Knee and Ankle Stabilizers</p>

<p>Windmill Low option 1 (pg. 46)</p>	<p>Shoulder Abductors and stabilizers, Elbow Extensors, Wrist and Finger Flexors, Scapular Stabilizers, Spinal Lateral Extensors and Rotators, Core Stabilizers, Obliques, Hip Extensors, Knee and Ankle Stabilizers</p>
<p>Windmill Low option 2 (pg. 47)</p>	<p>Shoulder Abductors and stabilizers, Elbow Extensors, Wrist and Finger Flexors, Scapular Stabilizers, Spinal Lateral Extensors and Rotators, Core Stabilizers, Obliques, Hip Extensors, Knee and Ankle Stabilizers</p>
<p>Windmill High - Two Kettlebell (pg. 48)</p>	<p>Shoulder Abductors and stabilizers, Elbow Extensors, Wrist and Finger Flexors, Scapular Stabilizers, Spinal Lateral Extensors and Rotators, Core Stabilizers, Obliques, Hip Extensors, Knee and Ankle Stabilizers</p>
<p>Windmill High - Two Kettlebell (pg. 49)</p>	<p>Shoulder Abductors and stabilizers, Elbow Extensors, Wrist and Finger Flexors, Scapular Stabilizers, Spinal Lateral Extensors and Rotators, Core Stabilizers, Obliques, Hip Extensors, Knee and Ankle Stabilizers</p>
<p>Single-leg Pick-up (pg. 53)</p>	<p>Hip, Knee and Ankle extensors, Wrist and Finger Flexors, Scapular Stabilizers, Spinal Extensors and Rotators, and Core Stabilizers</p>
<p>Figure 8's (pg. 54)</p>	<p>Hip, Knee and Ankle extensors, Wrist and Finger Flexors, Scapular Stabilizers, Shoulder Flexors, Adductors, Abductors, Extensors, Spinal Extensors and Rotators and Core Stabilizers</p>
<p>Russian Twist (pg. 55)</p>	<p>Abdominals, Hip Flexors, Spinal Rotators and Core Stabilizers,</p>
<p>Bridge with towel (pg. 57)</p>	<p>Hip extensors and Spinal Extensors, Core Stabilizers</p>