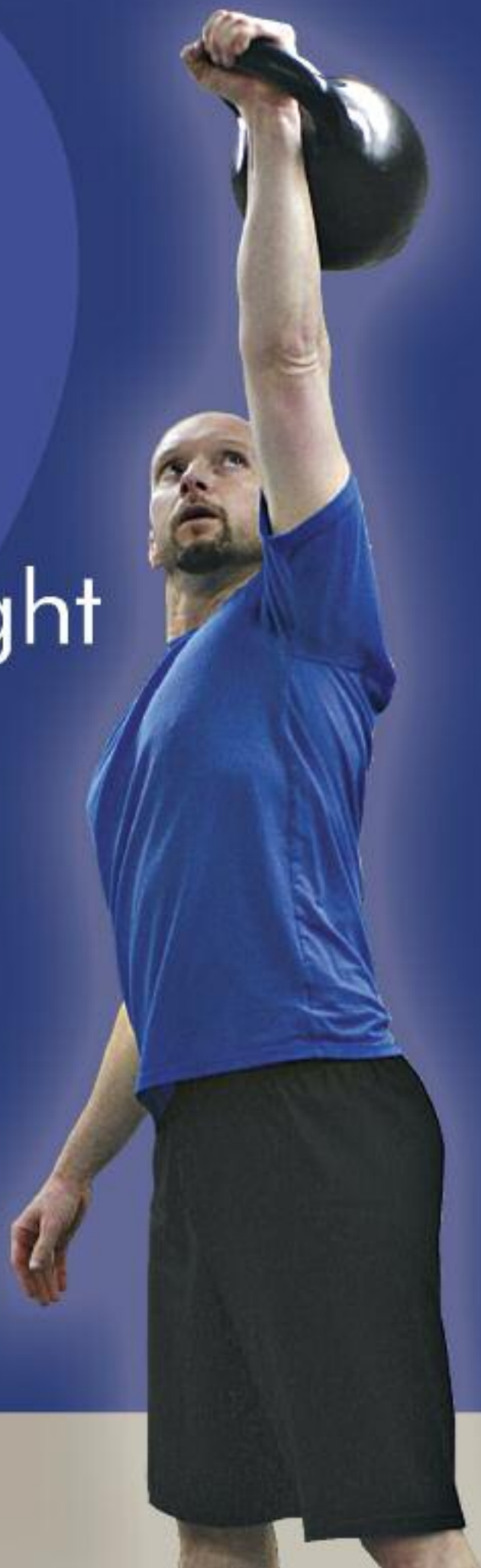


# IRON: & Kettlebell Body Weight Training 101

By Jon Rimmer



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# THE SWING

The swing, due to its brutal effectiveness throughout the training continuum, is the basis of kettlebell training. Major calorie expenditure, improved functional strength and good old fashioned power development are only some of the many benefits of the swing.

As with most things we're discussing in this book, there are countless ways to progress and regress the difficulty of the swing depending on your ability levels and/or your desire to simply change things up a little bit. For the sake of simplicity, we'll go over the basic one arm swing 1st, then when we're done we'll throw in a few variations.

## The One Arm Swing:

### Step 1:

Establish a good starting position as if you were about to squat, with one minor adjustment – a slightly wider foot stance than what is normal for you. Simply put, if you're going to have a cast iron weight swinging between your knees, you'll need a little more clearance room.

Repeat: **SLIGHTLY** wider foot stance – you shouldn't look like you're about to do a split!

For a quick review, remember a good squat position is:

Toes are forward, weight is on the heels, and on the outside of the feet (off the arches). Middle toes, knees and hips are in a straight line. Abdomen is drawn in, chest is out, and your head is level. (For a more detailed description, refer to the squat section...)

### Step 2:

Stand over a kettlebell with the bell between your heels, so the kettlebell is under your body, not in front of it. This makes it much easier to flex the hips and load the core in the manner in which it is supposed to be loaded – as opposed to reaching forward and curving your spine in the process.



### Incorrect: feet too wide



**Wrong bell placement:**  
too far in front



**Correct: bell between the heels**



**Incorrect: stance too narrow**

**B) put too much weight on the ball of the front foot**

Often when people realize and feel that they can't put weight on the rear foot they overcompensate by moving their entire body forward and putting all their weight on the ball of the front foot rather than the heel. As we learned in the previous section on squatting, this forces the knees to flex more putting more pressure on them, while simultaneously reducing the hips' involvement in the squat. Which, as we should all know by now, will make you significantly weaker.



Too much weight on ball of foot

**Other things to watch for:**

**C) The opposite hip "non-working"**

Another common compensation that occurs when in a split stance is a loss of control of the opposite hip. Typically, the exerciser will lower to a certain point in the correct manner, then as a defense mechanism, the body subconsciously says "hey – this isn't fun" and starts moving the other hip around to find the path of least resistance.

Unfortunately, finding the path of least resistance will not make your glutes harder! Usually, this compensation manifests itself in one of two ways:

The hips will rotate so the user is no longer facing forward. Watch yourself in a mirror: be sure that your non working hip is facing forward, not to the side.

Or, the non-working hip will lower further than the working hip. The technical term for this is hip dropping. At The Training Rim we affectionately call this the "hooker stance". That is to say a cool outside the gym, bad news inside the gym.

A good way to avoid the "hooker stance" is to use your hands on your hips as a guide. Place both hands on your hips at the same height. As you lower into the squat, watch them in the mirror: If your non working hip does start to drop, you'll notice one hand will be lower than the other. This is your cue to lift up the non working hip, and make sure you're lowering the working hip.



I'm too sexy for this book

**No good: hips are facing off camera**



Hooker stance! Left is lower than right