

KETTLEBELL'S COMEBACK

What's round, black, and shaped like a cannon ball with a handle? If you guessed a kettlebell, you're right. Once just a tool used by Russian weightlifters (and now the national sport there!), kettlebell training is becoming a mainstream tool to sculpt the body. In fact, the American Council on Exercise (ACE) lists kettlebells on its top 10 fitness trends for 2009.

Kettlebells are made of cast iron and much like dumbbells, can vary in weight. On average, women typically start with 18 pounds, while men start with 35 pounds.

What's all the fuss about? It's just a weight, right? Not quite. Unlike dumbbells used in isolation exercises such as a bicep curl, training with a kettlebell focuses on compound movements. These movements stimulate the body more than an isolation exercise does. Think multitasking, but with your muscles. Plus, the kettlebell's unique shape makes it harder to hold on to. As it shifts in your hand, you have to use coordination and balance to grasp it while completing the exercises. Because of the way it engages the body and works multiple muscle groups at the same time, it provides a thorough full-body workout.

A high-intensity activity due to the speed and force involved, it is said to

It's a Russian invasion!

Kettlebell has migrated to the U.S. and is now one of the top 10 trends here.



deliver quick results. Strength is just one of the many benefits; you can also expect to see fat loss and body composition changes. A typical session lasts anywhere from 10 and 40 minutes. Basic exercises include the kettlebell swing, kettlebell snatch, kettlebell press, and kettlebell Turkish get up. These exercises increase strength, endurance, agility and balance while strengthening the core, glutes, hip flexors, back, shoulders and wrists.

Josh Henkin of Scottsdale's Innovative

Fitness Solutions and certified kettlebell instructor, says he fell in love with the concept because it can be applied to any fitness and gender level. Since this type of training incorporates fundamental whole-body exercises in a short period of time, he and other kettlebell experts recently presented a training workshop to the Phoenix Police Department.

So give it a hur! With a few sessions a week you'll work your way to being a lean, mean kettlebell training machine.