

# The Importance for Kettlebell sporting gear

As Kettlebell sport grows in India, more and more athletes are not getting ready for various state, national and international competitions. It is utmost important to understand the attire for peak performance. We at EKFA have always shared best information to athletes, that's why they perform best in competitions are perform consistently well.

Below are in general list of equipment which will be required if you wish to start the Kettlebell sport journey.

1. *Kettlebell sport belt*
2. *Kettlebell lifting shoe*
3. *Wrist bands and head bands*
4. *Cotton shirts*
5. *Compression shorts*



## *Kettlebell sport belt*

The lifts in which belt can be useful are Jerk only and long cycle (clean and jerk), in both lifts elbows rack on iliac crest. Racking is resting the elbows on iliac for recovery during active work.

The belt can be worn to provide some sort of stability to the lower back during training in Jerk and Long Cycle. The more common use of the belt, however, is to provide "rest" to set the elbows on while in the rack position. In addition, the belt can be used to keep the elbows from sliding off the hips.

The belt has to be worn near hip bone and should not cross the bone to travel in upward direction, it has to be worn little below.

The Kettlebell sport belt are typically made in Russia as the standard lifting belt for Kettlebells are not available in India

## Kettlebell Lifting Shoe

These are special make shoe and does not related to weight lifting shoe. The main purpose of lifting shoe is to give support to heel as the Kettlebell weight directly transfers to heel (center of gravity). If the heel is supported firmly during the lift for 10 mins the efficiency of lift goes higher as compared to any other sport shoe or running shoe.

During the Jerk heel comes off the ground to push the Kettlebell towards upward movement, the ball of the foot remains connected with ground able to produce more power and force in vertical direction

When receiving the Kettlebell in the rack, one can lift the heels off the ground with just the ball of the feet remaining connected with ground to provide better balance in lift.

Flat foot athletes will have mandatory to wear the in-sole in lifting shoe as the pain can be unbearable.

The Kettlebell sport lifting shoe are special make and mostly made in Russia.



## Wrist bands and head bands



Wrist bands are protective gears as the Kettlebell flips on hand and it can cause the bruise which can be bothering. Wrist bands lessen the stress on wrist and the Kettlebell even though it flips on wrist is not painful. Many athletes after the adaptation do not wear it. It's a choice given to use or not to use, for long sets like 30 min or 1 hour marathon it is recommended as the wrist bands and head bands absorb the sweat traveling to palm which can slip the Kettlebell while lifting.

Its good add in Kettlebell sport lifting attire and some of the band making companies make special make wrist band use for Kettlebell sport.

## Cotton shirts

One more key in efficiency of Kettlebell lifting is cotton shirt. Dry fit soaks the sweat and elbow glide from iliac crest in rack position. It is very difficult for Kettlebell to manage if the elbow starts sliding down from hip. Cotton shirts manage the holds by contributing for may be 10-20% during the lift. Wet t-shirt allows the elbow to sit in rack position and athlete can rack and hold in position for long time.

If you use medium t-shirt, use large, if large use extra-large as Kettlebell are continues movement and if the t-shirt are loose it will help keep the movement free and reduce friction between elbow and t-shirt to avoid any elbow bruise.

Every small change is addition of 10% in performance in lifts.



## Compression shorts



Just like cotton t-shirt, compression tights or shorts are the important gear for athlete when it comes to Kettlebell sport lifting.

Compression tights avoid the collision of Kettlebells with loose track pants which is highly not recommended. The repetitions are numerous and with compression tights the clean of kettlebells are sooth.

Compression tights is designed to help increase blood flow, reduce muscle fatigue, and prevent strain, full tights can be used in prep mode, but shorts are primarily for competitive mode.

EKFA L2 Kettlebell course is specialization in Kettlebell sport, it covers preparation module for sport which include detailed level programs, techniques so you are fully aware to be part of sport which is growing in India and Asia.

All our Kettlebell sport event across India are organize under federation.

To host offline workshops or to organize online training programs, please refer our advert for details.

Be part of growing community of sport, be Kettlebell strong!