

Common mistakes of Kettlebell swing

In recent years we have seen lots of gyms getting equipped with various crossfit equipments, majorly having Kettlebell workouts as interim part of the training. In the course of training we land up doing wrong exercise sometimes and it can lead to long term injury.

My article will focus on mistakes to be avoided while doing Kettlebell swing. Light weight Kettlebell swing can be used for warm up or while designing a workout program we use swing as dominant workout for lower back, hamstrings and glutes. When done correctly, the swing is a versatile exercise that trains every part of your body. But it's easy to mess it up in several ways.

Below points will highlight the correction:

- **Swinging the bell below knees** – When you learn the swing from certified trainer, usually on start of swing we bend the knees and swing below the knee which puts stress on lower back and which needs to be avoided.

Remember kettlebell swing is front-to-back rather than up-and-down, so instead bending down, ensure you use hips to push the bells forward to produce the force.

- **Rounding your back** – Do you do for deadlift? No, same is when you swing the bells ensure your back is straight and never round up the back which can put excess stress on cervical and can be harmful.

Mastering the hip hinge is art and only comes through training, so keep training.

- **Too big stance** – Majority of all Kettlebell workouts are done with shoulder width stance and not sumo stance ensure you keep stance similar to width of squat, keeping toes pointing outward.

Make sure both feet are pointing forward in the direction of knees.



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- **Holding the Kettlebells** – Grip is primary concern in the Kettlebell lifts and the more precise grip you hold the less lactic acid is produced to help improve your lifts.

In Kettlebell swing we usually use hook grip which is using finger flexors instead hold grip. Your forearm is first to fatigue while you do repetitive reps- may be 100. In such training patterns if you ensure to keep the grip soft but not rigid, your performance is likely to go up with your trainings.

- **Using the arms to swing** - . Swing movement is lower body movement and not upper body, arms just guide the Kettlebells in to and fro movement. The drive comes by hips and legs. The knee/hip movement is key in drive and arms guide bells in eccentric contractions. Ensure the arms are kept relaxed which will ensure the blood flow in forearms and create less lactic acid in lifts.

This can be mistake if you repeatedly hold the Kettlebells, but a correction if you can correct adept to the hook grip.

All exercise of Kettlebells is unsupported and dynamic lifting's, when you perform such lifts you have to be extra cautious as ego lifting can cause long term problems.

Standard weight for men is 16kg Kettlebell and women is 8kg, so if you are lifting Kettlebells but not lifting appropriate weight still it's a correction for you as appropriate result will come only if you lift correct weight which is prescribed by Certified Kettlebell Instructor.

A continues ongoing online Kettlebell courses will teach you the correct method, science of lifts and programming which will help you to maintain and in certain levels improve your fitness at home in the current lockdown.

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Be Kettlebell Strong!

- KT

