



WARRIOR GODDESS
KETTLEBELL TRAINING

TRAIN AT HOME

KETTLEBELL BASICS WORKBOOK



Disclaimer

You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged

in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

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What are kettlebells?

A kettlebell is a solid metal heavy ball with an offset handle just large enough to place your hand through.

The origins of the kettlebell are a little vague though there is some evidence they even date back to Ancient Greece but they can be traced back hundreds of years for certain, so they are not some flash in the pan notion.

Weights with handles were often used during fitness challenges for both carrying and throwing events and it's believed that the kettlebell simply evolved from here. Later the Kettlebell was adopted by the Soviet forces for training their soldiers and then finally gained popularity in the west.

Today you can find kettlebells in most gyms and in all shapes, sizes and colours.

13 Benefits of kettlebell training

Let's get to the reasons why you should be using kettlebells rather than other types of exercise equipment...

#1 – Sculpts a Glorious Goddess body

Kettlebell training burns fat and increases muscle tone fast. Most of the exercises are multijoint (compound) movements that link the bottom half of the body with the top half via the core muscles. ***Great for your abs!***

The body recruits 100's of muscles in order to control and maintain balance of the kettlebell. The **muscles time under tension is high** resulting in fast muscle development throughout the body.

#2 – Superb for Fat Loss

Kettlebell workouts when designed correctly use multi joint movements incorporating **over 600 muscles at a time**. The more muscles you use the more energy that is required and hence the **more fat and carbs you burn**.

Kettlebell workouts can also be so intense that they disrupt your homeostasis evoking **an afterburn effect** that can continue to burn calories for **up to 24 hours after your workout**. Bonus!

#3 – Not expensive

For most beginners one kettlebell is all you require to get started and that kettlebell being made of solid metal will **last you a lifetime**. You don't need any special footwear; in fact many people exercise without shoes at all. Don't worry you won't drop the kettlebell on your foot!

Also due to the way kettlebells are swung around the momentum increases the weight of the kettlebell so a small weight can become a larger weight when used correctly. **One kettlebell can be used** to push you to your limits with more advanced exercises or made very manageable with more beginner-based movements.

#4 – Quick workouts

Kettlebell workouts when designed correctly are intense. The exercises can be made to **flow from one movement to the next** without having to change weights or rearrange your grip. The flow of exercises enables you to keep your heart rate elevated and **muscles constantly engaged**.

Due to the intensity of the full body exercises and the dynamic nature of kettlebells good workouts should **not last more than 10 – 20 minutes**.

#5 – Comfortable to use

Kettlebells just feel nice to use, especially for women with smaller hands and less height and are challenged using traditional gym equipment (like me if you are fairy ninja sized). If you buy the correct kettlebell (see my tips below) then you will find lifting, pushing, and pulling a real pleasure with a kettlebell. In fact, as you press a kettlebell the weight **rests nicely on your forearm**.

You will also find that when held in the racked position (more on this later) the kettlebell nestles nicely into the chest enabling weighted movements to become a **real joy to perform** without having to worry about the weight.

#6 – Answer to lower back pain and joint issues

When used correctly a kettlebell improves lower back pain and your joint stability and mobility specifically in shoulders, hips, knees and ankles. When you swing a kettlebell, you learn to activate your posterior chain (the back of your body from heels to neck), often weakened by hours spent being sedentary and well,

#7 – Build lean toned muscle (strong muscle, no bulk)

Explosive strength is vital for sports, it drives you up to the basketball hoop, increases foot speed on the court and creates explosive pushes and pulls.

Kettlebell training is dynamic and involves **absorption and regeneration of force** in an explosive manner. In other words, you need to decelerate and accelerate the weight very quickly. Mix force control with practical and natural movement and you can see why kettlebells are **great for strengthening athletes**.

#8 – Exercise Anywhere

You don't need a gym membership, much space or anything other than one kettlebell in order to get all the health and fitness results you need. Kettlebells are small and compact so they **can be taken anywhere**. You can get your heart racing like you have just run the 100 metres **without even moving your feet**.

In fact you should never require a space larger than 6 feet square for any kettlebell workout.

#9 – Great for team sports and activities

Whether you are into paddling, roller derby, pole dancing, running or rugby, explosive strength is vital for sports, it drives you when you need to sprint, change direction, increases foot speed, and creates explosive pushes and pulls.

#10 – Improves posture

Want to look great even **into your golden years**, then kettlebell training is for you. Many of the fundamental exercises work into your postural muscles **counteracting sitting and modern day living**.

Often the most important postural muscles are neglected but kettlebells prevents this

#11 – Quick cardio

You will be surprised at how cardiovascular kettlebell training can be. Just by performing the kettlebell swing for 30 seconds can feel like you have **just sprinted 100 metres without even moving your feet**. If you suffer from bad knees then exercises like the kettlebell swing can give you an amazing cardiovascular workout without damaging your knees whilst at the same time **strengthening your body from head to toe**.

#12 – Ageing Monkey Grip

As you age your grip weakens, it's a real sign of getting older. However, if you train with kettlebells this doesn't have to be the case. **Want to develop a strong monkey like grip?**

Swinging a kettlebell increases its overall mass and takes added strength to hold onto. The more you use your kettlebell the better your grip becomes. Perhaps you won't be able to bend nails but you will notice a **definite improvement in your grip strength**.

#13 – Fun and Addictive

Most of all, kettlebells **are fun to use**. The more fun something is the more we want to do it and that's a win win for exercise. Kettlebell training will teach you exciting new skills, unseen exercises and a great feeling of achievement as you master new movements.

Your body will change and you will become addicted. I know people who have taken their kettlebells on holiday with them, personalised them by painting them, had birthday cakes made into the shape of them and had withdrawals from them after only a matter of days.

DANGERS FOR BEGINNERS

Just like everything in life there is a **logical progression to exercising with kettlebells**. Kettlebells put a large strain on the body and although this is one of the main reasons why they are so effective it can also be the reason why you can get injured very quickly.

It is very important that you progress slowly when kettlebell training and allow time for your muscles, ligaments, and tendons to adapt to the additional strain.

Kettlebells also involve a **lot of eccentric movements** meaning that you are lowering a weight under tension. Eccentric movements cause greater degrees of muscle soreness after your workouts so be prepared. Ultimately it is **better to train less and more often** in the beginning than going in '*all guns blazing*' and then being side-lined with an injury that prevents any kind of exercise at all.

PLEASE NOTE: If you struggle with simple bodyweight exercises like Squats, Lunges, Planks etc. then you should master these first before progressing.

1. What is a Kettlebell?

A kettlebell is a solid metal heavy ball with an offset handle just large enough to place your hand through.

Anatomy of a kettlebell

ANATOMY OF A KETTLEBELL PARTS OF A KETTLEBELL:  @wgkettlebelltraining #warriorgoddesskettlebelltraining	The kettlebell comes with its own terms and language and it's good to know the terms used as you learn the anatomy and your way around the bell. <i>Most Common Mistakes:</i> Not holding the kettlebell in the right places or actually holding on too tight. Working with the wrong bell – with the handle shredding your hands or causes bruises, or wrong size, making right form more difficult.
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The Perfect Kettlebell

PERFECT KETTLEBELL FOR BEGINNERS  @wgkettlebelltraining #warriorgoddesskettlebelltraining	These are the suggested kettlebells for beginners because they are made from cast iron and the coloured vinyl or neoprene makes it easy to identify each of the sizes based on their colour. Beginners Size: 8kg/15lbs Upper Body or Injury Concern? Add a 6kg/12lbs kettlebell <i>Most Common Mistakes:</i> Avoid all plastic, full vinyl, square corners, stainless steel handles.
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THESE ARE GREAT TOO  @wgkettlebelltraining #warriorgoddesskettlebelltraining @wgkettlebelltraining #warriorgoddesskettlebelltraining	These are great kettlebells as you progress as are usually created in larger weights for when you get stronger Swing Size: 12kg/16kg 20lbs/25lbs <i>Most Common Mistakes:</i> Not investing in good quality heavy bells to get stronger and progress quickly
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The Wrong Kettlebells

KETTLEBELL TO AVOID  @wgkettlebelltraining #warriorgoddesskettlebelltraining	KETTLEBELL TO AVOID  @wgkettlebelltraining #warriorgoddesskettlebelltraining
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KETTLEBELL TO AVOID



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KETTLEBELL TO AVOID



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2. Your Workout Space



Make it simple- all you need is the space of yoga mat and a few kettlebells. Perfect for living rooms, bedrooms, spare rooms, conservatories, basements, garages or gardens!

Most Common Mistakes: Overcomplicated or thinking you need lots of equipment.

3. What to wear and how to prepare? Shoes or bare feet?



Just pick usual work out wear, remove all jewellery especially rings, bracelets, watch.

No gloves or shoes needed. Barefeet is best. Only wear special yoga socks in winter or shoes if the flooring is uneven or cold.

Most Common Mistakes: Wearing rings will cause issues with friction and calluses, wearing gloves distances your self from the bell. Wearing thick shoes distances your self from your feet and the floor.

4. Follow a Plan V Follow Along Workouts



It is important to know the difference between training and exercise. Training is about following a training plan from start, middle and end with added 'progressive overload' which facilitates you getting stronger and fitter. That said, women do enjoy watching and following along and doing a workout 'together' even online, so we provide both training plan and follow along workouts in our programs.

Most Common Mistakes: Thinking that follow along workouts are better, easier, that you don't have to think, just do. This results in you not following a plan to achieve specific results and in an endless 'workout' quest, and just spinning your wheels and not actually making progress.

Step 1 Checklist:

STEP	VIDEOS, DOWNLOADS & ACTION	COMPLETED
STEP 1:	INTRODUCTION + SET UP (Video)	
	Watch the Toolkit Video	
	Order your Kettlebell/s	
	Get a yoga mat	
	Get your workout gear and body ready- remove jewellery	

Step 2: How to Hold, Movement Patterns

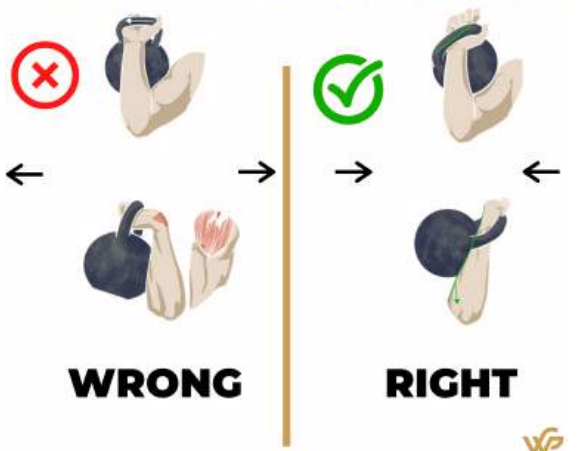
1. Racking the kettlebell correctly

KB RACK MISTAKE #1  <td data-bbox="802 400 1401 974"> Cleaning the bell into the racked position prepares you for being able to press and do other movements using your upper body. Important to lead with elbow and keep bell tight to sternum or tucked into body. <i>Most Common Mistakes:</i> Leading with the hand and not the elbow which causes bell to fly out, allowing the wrist to 'break' and not keeping straight lines, leaving bell outside of the chest or core area. </td>	Cleaning the bell into the racked position prepares you for being able to press and do other movements using your upper body. Important to lead with elbow and keep bell tight to sternum or tucked into body. <i>Most Common Mistakes:</i> Leading with the hand and not the elbow which causes bell to fly out, allowing the wrist to 'break' and not keeping straight lines, leaving bell outside of the chest or core area.
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KB RACK MISTAKE #3  <td data-bbox="802 1057 1401 1630"> When racking the bell, it's important to keep it tight to the body and not put unnecessary weight and strain on your shoulder joint. <i>Most Common Mistakes:</i> flaring the elbow, not engaging your core and back. </td>	When racking the bell, it's important to keep it tight to the body and not put unnecessary weight and strain on your shoulder joint. <i>Most Common Mistakes:</i> flaring the elbow, not engaging your core and back.
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1. Inserting your Hand correctly

KB HOLD FIX #1  @wgkettlebelltraining #warriorgoddesskettlebelltraining	How you insert or put your hand through the window of the bell. Ensure that the handles lies at 45 degree angle across the palm of the hand. This turns your hand into a hook and therefore gripping it tightly is not necessary. Let the bell move within the hand. <i>Most Common Mistakes:</i> Wearing rings will cause issues with friction and calluses, wearing gloves distances yourself from the bell and you can't let it move naturally. Over gripping the bell will cause more tension and friction, not keeping a straight line at wrist. Bending wrist backward puts lot of tension on wrist.
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KB HOLD MISTAKE #1  WRONG RIGHT @wgkettlebelltraining #warriorgoddesskettlebelltraining	When holding the bell, it's important to keep your arm straight and your wrist straight, like punching the air or knocking on a door. <i>Most Common Mistakes:</i> letting the wrist open and fall back, letting the wrist (break). Not keeping a nice straight wrist and straight line.
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2. Pressing the Bell

FORM AT A GLANCE OVERHEAD PRESS  Wrist Straight ARM LOCKOUT AVOID SHRUGGING AND REACHING STACKED SHOULDER KNEES STRAIGHT HANDLE ACROSS PALM AT 45 SHOULDER LINED UP WITH EAR TIGHT CORE @wgkettlebelltraining #warriorgoddesskettlebelltraining	The overhead press or pressing the kettlebell overhead is where you will build your upper body strength and feel like Wonder Woman! <i>Most Common Mistakes:</i> Leaning over or bending sideways at hips or putting other hand on hip. Not locking arm out, keeping it bent or loose; pressing out and up not straight up; not keeping wrist straight and allowing it to 'break' or fall back, knees bent, shoulders shrugged and not engaging core.
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3. Mastering the Deadlift Movement + Hip Hinge

FORM AT A GLANCE DEADLIFT  STRAIGHT BACK FORWARD FOCUS & LOOK FORWARD AND DOWN ENGAGE LATS SHOULDERS BLADES IN POCKETS HIPS BACK KNEES AT SLIGHT BEND PLACE BELL IN ARCHES OF FEET @wgkettlebelltraining #warriorgoddesskettlebelltraining	The Deadlift movement is the best strength building and fat blasting movement recruiting 600+ muscles per exercise. It works your posterior chain: hips, lower back, hamstrings, calf muscles and your core. <i>Most Common Mistakes:</i> Squatting the deadlift, not keeping a straight back, not placing bell in arches of feet, too far forward and reaching, pulling shoulders out of sockets and putting strain on upper body. Not standing tall or overbending at top.
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FORM AT A GLANCE | KETTLEBELL SWING

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The kettlebell swing using the hip hinge movement which can be tricky to master in the beginning.

Most Common Mistakes: Squatting the swing, not hinging; round back, not standing straight and locked out at the top of the swing; using arms, not hips; not hinging deep enough, not putting weight on heels at start, not engaging core or using breath.

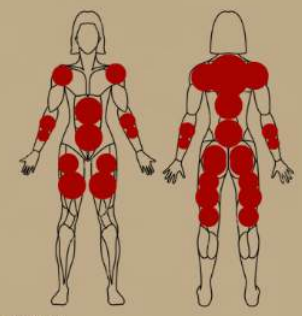
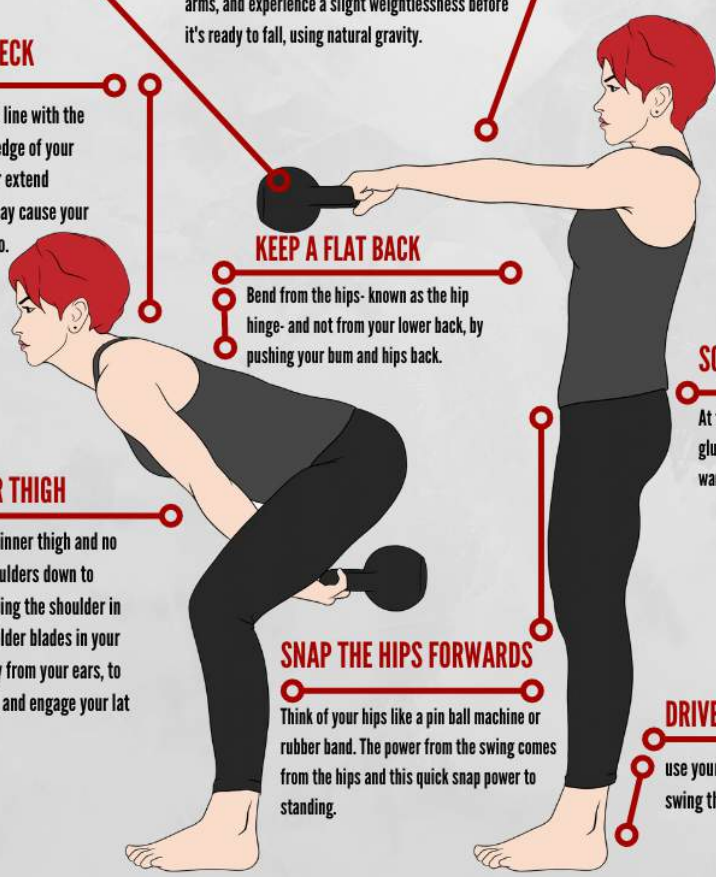
Step 2 Checklist:

STEP	VIDEOS, DOWNLOADS & ACTION	COMPLETED
STEP 2:	HOLDING POSITION + MOVEMENT PATTERNS (Video)	
	Watch the Toolkit Video	
	Practice picking up the bell	
	Practice racking the bell and pressing the bell with correct form	
	Film yourself racking and pressing the bell and look for where you can improve or amend form as necessary	

Step 3: The Kettlebell Swing

**WARRIOR GODDESS**
KETTLEBELL TRAINING

TWO HANDED
Kettlebell Swing



MUSCLES USED
Hamstrings, Gluteous Maximus, Erector Spinae, Quadriceps
Femoris, Rhomboids, Trapezius, Deltoids, Latissimus Dorsi,
Abdominals, Forearms

KEEP A STRAIGHT NECK
Keep the neck straight and in line with the back. Keep your gaze to the edge of your yoga mat. Do not overbend or extend through chin or neck as this may cause your lower back to hyperextend too.

SWING TO CHEST HEIGHT
Drive the kettlebell up to chest height with hips not arms, and experience a slight weightlessness before it's ready to fall, using natural gravity.

KEEP THE ARM STRAIGHT
As you swing, your arm and wrist should stay straight. The bell will swing out straight too.

KEEP A FLAT BACK
Bend from the hips- known as the hip hinge- and not from your lower back, by pushing your bum and hips back.

WRIST TO INNER THIGH
Only take the wrists to inner thigh and no deeper. Bring your shoulders down to deepen the hinge. Keeping the shoulder in its socket and the shoulder blades in your back pockets, and away from your ears, to maintain that flat back and engage your lat muscles.

SQUEEZE YOUR BUM
At the top of the movement, engage your glutes by squeezing your butt cheeks. You also want to brace or squeeze your abs and quads.

SNAP THE HIPS FORWARDS
Think of your hips like a pin ball machine or rubber band. The power from the swing comes from the hips and this quick snap power to standing.

DRIVE THROUGH THE HEELS
Use your hamstrings and butt cheeks to swing the kettlebells. Use the back body.



The Kettlebell Swing is the Warrior Queen of all exercises. Working 600+ muscles in one move and like running a 100m race without moving your feet. Perfect knee safe, low impact move, perfect for women.

www.warriorgoddesskettlebelltraining.com

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KB SWING MISTAKE #3



We are not a fan of kettlebell stock pics here as you can tell from this one. Wrong bell, looking at camera, obviously using a front raise not a swing as you can't stop and look at the camera at the tip of a swing!

How to Fix: Ignore kettlebell stock pics for advice on how to swing!

KB SWING MISTAKE #4

Squatting, not hinging
over extending the
chin



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Squatting the swing is a common mistake and so is extending through the chin which can cause strains in the neck and chest muscles.

How to Fix: Practice the hip hinge movement, lifting your hips up and back and keeping legs straighter. When you hinge, keep your gaze to the top of your yoga mat, this will prevent over extension through the chin.

KB SWING MISTAKE #5

SQUATTING NOT HINGING



Using light kettlebells, squatting, hyper extending
through lower back



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Again, more squatting, not hingeing. Plus when you use the wrong weight of kettlebell and go too light, this is where these form mistakes surface.

How to Fix: Swing with an 8kg/15lb bell, practice and master the hip hinge.

KB SWING MISTAKE #6

HYPEREXTENDING



Using competition kettlebells, squatting, hyper extending through lower back



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Yes this is me demonstrating how to hyperextend both the lower back (she the dip or curve, this is not flat and is an indication of not having a strong core) and extending through the chin by keeping the gaze up and chin out.

How to Fix: You will build your core with more kettlebell swings, so practice your swing more (as well as planks). Learn to flatten the back without having to look forward, master the hip hinge and practice!

KB SWING MISTAKE #7



Heel lift, too much weight on toes



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When your feet aren't on the floor, you are not stable and will risk injury and potential damage with the bell.

How to Fix: Get back on those heels to effectively activate the back of your body. Train in bare feet or flat shoes and curl your toes back to ensure that your toes aren't being overused.

KB SWING MISTAKE #8



Toes lift, off balance, not grounded



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This one is slightly more common especially if you end up 'rocking' the swing.

How to Fix: Don't get into a rocking routine when you swing, remember its 2 moves, backwards and forwards, nothing else. Keep those feet firmly planted. Train in bare feet or flat shoes and grip the ground with your toes back to ensure that your toes aren't lifting off the ground.

KB SWING MISTAKE #9



Shallow Hinge, not hinging enough, push hips back more and bring down shoulders



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Not hinging enough is another mistake I see because it is often more challenging on our hamstrings to hinge deeper but this is where the magic is!

How to Fix it: All the power for the kettlebell swing comes from the hips. If you want to generate the maximum amount of power then explode forwards with the hips and snap them to vertical. Stand tall at the end of the movement. You will generate a shudder through your body. I like to call this 'embracing the jiggle'. If you stand tall at the end of the movement with the right amount of 'snap' and the right amount of 'thrust' you will experience a jiggle of something. It might not be the part you want to jiggle but jiggle you must! As a beginner you should really practice this "snapping of the hips". The harder you snap the more force you will generate and the more muscles and energy you will use.

KB SWING MISTAKE #10



All arms and no hips. This is not a shoulder front raise and this is the movement most likely to hurt your back.



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Using your arms, swinging too high.

How to Fix it: It is important to realise that during the swing the shoulders are used merely as a connection between arms and body. All the power should come from the hips. One of the biggest mistakes I see when teaching kettlebells is an over-activation of the shoulders. Try to relax the shoulders while at the same time keeping the shoulders joints in their sockets. The kettlebell will try to pull the arms forwards, it is your job to control the kettlebell and ensure that the shoulders are pulled back. The kettlebell swing is particularly effective at rehabilitating shoulders because it strengthens connective tissue as the shoulder joint is constantly being pulled in and out of its socket. Not only are swings great for strengthening muscle tissue but they also creates a nutritious pumping mechanism at the shoulder joint.

Kettlebell Swing Fixes

KB SWING FIX #1



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Don't hunch, flatten your back.

This is not a squat

Hinge at the hips, press your back back and feel the stretch in your hamstrings

Hike the bell back and inhale.

KB SWING FIX #2



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Snap the hips forward

Stand tall like an arrow (not the bow) and imagine being pulled up through the crown of head, not pulled back

Squeeze your glutes (butt cheeks) to protect lower back

Squeeze your core to keep your upright

Keep weight in heels during exercise

Exercise in bare feet

Step 3 Checklist:

STEP	VIDEOS, DOWNLOADS & ACTION	COMPLETED
STEP 3:	HIP HINGE AND KETTLEBELL SWING (Video)	
	Watch the Toolkit Video	
	Practice hinging at the hips	
	Practice swinging the bell with correct form	
	Film yourself swing the kettlebell and look for where you can improve or amend form as necessary	
	Optional: send your kettlebell swing video for review or schedule a 30 minute kettlebell swing review coaching session with Lisa	

Step 4: What is your Goal? Now we can determine your next step...

Looking at Body Shape Change?

1. I am looking to lose weight
2. I am looking to change my shape with building lean muscle and burning fat
3. I am looking to lean out my midsection and get more toned

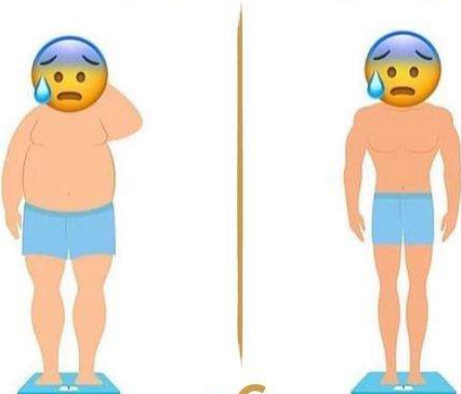
Looking to Get Fitter + Stronger?

1. I am looking to improve my cardiovascular fitness
2. I am looking to get stronger and build healthy muscle, strengthen my joints and bones, overall mobility and functionality
3. I am looking to extend my life, live longer and be physically active

Looking to Rehab or Improve an Injury?

1. I am looking to recover from an injury to my back, hips, shoulders, knee
2. I have been past by my doctor or physio to exercise and want to regain my strength and prevent further injuries

Body Shape Change

"I need to lose some weight." "Oh no! I haven't lost any weight!"  185LBS WP 185LBS @lisa_barwise #warriorgoddesskettlebelltraining	Understanding the difference between weight loss and body shape change <i>Most Common Mistakes:</i> - Focusing only on weight loss - Obsessing over the scale - Wanting to 'just lose a bit of weight'
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What women think is the path to weight loss and getting in shape DIET DIET → DIET → DIET What the cycle of building lean muscle whilst losing fat looks like SHRED SHRED → BUILD → REVERSE → MAINTAIN WP @wgkettlebelltraining #warriorgoddesskettlebelltraining	Do you actually know what you want? <i>Most Common Mistakes:</i> - Not having a clear goal or knowing what you want - Not understanding body composition, getting toned or body fat % - Wanting to 'just lose a bit of weight' - Stuck in the Diet Phase - Not accepting the build phase- both building and burning
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	Focusing on what is actually important, prioritising what is going to make progress. <i>Most Common Mistakes:</i> - Focusing on the wrong things - Over emphasis on exercise - Forgetting about nutrition or sleep - Too much cardio, over exercise or hormone imbalances
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Body Shape Change Checklist:

STEP	VIDEOS, DOWNLOADS & ACTION	COMPLETED
STEP 4:	BODY SHAPE CHANGE (Video)	
	Watch the Toolkit Video	
	ACCESS FREE TRAINING to truly understand the Midlife Body Map with our 4 Step Formula for Body Shape Change and how you can implement this into your life: www.warriorgoddesskettlebelltraining.com/training	
	ACCESS FREE BODY SHAPE CHANGE CALCULATOR to set goals and work out how long it will take www.warriorgoddesskettlebelltraining.com/geek	
	Join us inside Sexy Strong: The Island >> www.warriorgoddesskettlebelltraining.com/the-island/	

Getting Fitter + Stronger

8 RULES TO SUCCEED WITH YOUR TRAINING  - HAVE A PLAN - USE PROPER FORM - TRACK YOUR PROGRESS - ENJOY YOUR WORKOUTS - STAY CONSISTENT - DON'T OVERCOMPLICATE  @wgtkettlebelltraining #warriorgoddesskettlebelltraining	Focusing on what your body can do, not how much she weighs! <i>Most Common Mistakes:</i> - Overexercising or overcomplicating - Doing too much of the wrong exercises - Not having a training plan- just winging it - Not choosing the right weights - Not learning when to push and when to rest - Going too hard so difficult to stay consistent
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Getting Fitter + Stronger Checklist:

STEP	VIDEOS, DOWNLOADS & ACTION	COMPLETED
STEP 4:	BODY SHAPE CHANGE (Video)	
	Watch the Toolkit Video	
	Join us inside Sexy Strong: The Island www.warriorgoddesskettlebelltraining.com/the-island/	

Rehab or Injury Recovery

 Why kettlebell training is best rehab for injury Swipe >>> 	Once you have been past by your doctor or physio to exercise, you need a recovery or rehab plan and start small. <i>Most Common Mistakes:</i> - Not having a rehab or recovery plan - Not having a comeback plan - Not consulting with your trainer or coach to work out where you will need to change or modify - Stopping exercise all together - Doing too much of the wrong exercises - Not choosing the right weights- too light or too heavy - Not learning when to push and when to rest - Going too hard so hard to stay consistent - Not including an anti-inflammatory diet
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Injury + Rehab Checklist:

STEP	VIDEOS, DOWNLOADS & ACTION	COMPLETED
STEP 4:	LEARN ABOUT PREHAB	
	Download the Injury Checklist	
	Access our Injury + Mobility Library inside Sexy Strong: The Island www.warriorgoddesskettlebelltraining.com/the-island/	