

# The Physical Performance Center



AT GASTON REHAB ASSOCIATES, INC.

Amanda's Exercise Tip June 2, 2009

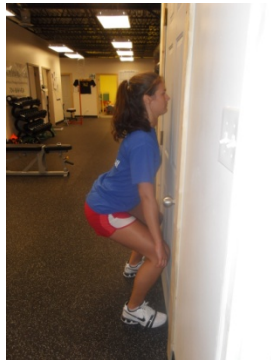
Progressions to teach a Kettle Bell swing:

1. **Hip Explosion:** I have the athlete lay on their back with a small ball between their knees, feet flat on the floor head down and arms to the side. I instruct them to pop their hips up as explosively and quickly as they can while trying to pop the ball. At the top position they should be squeezing the glutes as tight as possible. Slowly lower down and repeat the repetitions 10 times



2. **Wall Squats:** The next stage is to teach a wall squat. This is also great to teach the “athletic stance” position used in hang clean progression, squats, shuffling or any other cutting type drills. Stand

with toes **TOUCHING** the wall. Feet should be about shoulder width apart. As the athlete begins to squat, they may push the knees forward and round their back. This exercise immediately corrects this position. Instruct them to throw the hips back, look up or straight ahead and push their chest to the wall.



3. **Swing:** The Kettlebell swing is a perfect way to implement hip explosion into your training programs. The athlete must learn to accelerate the lower body to the up phase of the swing and decelerate during the down phase as well. The lower body and posterior chain are all activated during the swing. When the athlete becomes fatigued or has too heavy of a weight, let them rest and go back through the hip explosion drill, or the wall squats

