



# Kettlebell: The TOP 10 reasons to use them

By Dr. Robert Silverman

There is a lot of excitement and “buzz” about kettlebells in the athletic performance and rehab world these days. Kettlebell workouts are intended to increase strength, endurance, agility, and balance – challenging both the muscular and cardiovascular systems with dynamic, total body movements. Of Russian origin, a kettlebell is a cast iron weight that looks like a cannonball with a handle attached to it.

Kettlebells come in several sizes/weights – ranging from 5 lbs. up to 106 lbs. You can do standard weight-training exercises with kettlebells, including bench presses, overhead presses, curls, squats, rows, etc... However, a unique value of kettlebells is derived from ballistic (fast exercise) work, such as snatches, swings, cleans, and jerks.

## 1) The All-In-One Workout Tool

The kettlebell develops all-around fitness and teaches kinetic linking. It gets you connected to the ground, drawing energy from the ground up and transferring the energy through the shoulders. The kettlebell enhances awareness of your posture, position, breath, and grip. I especially like the cardio benefits that kettlebells can provide. It is also easy to perform interval training principles (slow, fast, repeat) with them.

## 2) Kettlebell Workouts Burn Calories Fast!

University of Wisconsin, La Crosse Exercise and Health Program study published in *ACE FitnessMatters*: Average participant burned about 20 calories/min. during the kettlebell workout, which equates to 400 calories during a typical 20 min. workout (that’s equivalent to running a 6-minute mile or cross-country skiing uphill at a fast pace).

The rapid calorie-burn is due to the interval training format of kettlebell workouts.

Researchers also noted that the participants achieved exercise heart rate and maximum oxygen uptake, suggesting that kettlebells provide a more intense workout than standard weight lifting.

## 3) Kettlebell training improves your cardio-respiratory fitness

Since many kettlebell exercises take place with your arms in an overhead position, the muscles responsible for assisting the breathing process are engaged in muscular activity, not allowing them to assist in the respiratory process. This forces the muscles’ most responsible for breathing to play an even larger role in cardio-vascular fitness.

## 4) Kettlebell training eliminates the need for a large training facility

Kettlebell training is ideal for small facilities or where space is limited as it takes very little floor space and don’t require any racks.

## 5) Kettlebell training allows you to reduce overall training time

No waiting on a machine, or walking from one end of the gym to the other.

## 6) Kettlebell allows functional human patterns

The primary benefits of kettlebell training lie in the philosophy of the movements allowing functional human patterns. Kettlebell drills have historically focused on working many muscle groups in unison, while dumbbells are more commonly used for isolation drills (curls, lateral raises, etc...) in traditional western weight-training techniques. Kettlebells are actually more challenging than using dumbbells. The kettlebell handles are much thicker, therefore will train you to have a vice grip in no time. Also, the off-centered weight of a kettlebell will force you to use more stabilizer muscles, and work the targeted muscles, through a longer range of motion.

### 7) **Kettlebell Training is GREAT for Your Back**

Kettlebell exercises strengthen the glutes and stretches the hip flexors. (In most cases of back pain, hip flexors are tight and glutes are weak).

### 8) **Kettlebells develop back extensor endurance**

Decreased back extensor endurance is usually associated with chronic back pain.

### 9) **Kettlebell provides sensible ballistic loading, which appears to reduce the odds of arthritis**

### 10) **Kettlebell “bracing” is superior to “hollowing” for spinal stability**

Bracing is considered the standard for core activation because it involves a 360 degree co-contraction of all surrounding core musculature.

#### **FYI**

The U.S. Service’s 10-min. snatch test is 200 reps with a 53 lbs. kettlebell for males and 35 lbs. for women.

#### **Start out with the right kettlebell**

<b><u>If you are:</u></b>	<b><u>Kettlebell to start with:</u></b>
An average strength lady	18 lbs
A strong lady	26 lbs
An Average strength gentleman	35 lbs
A stronger than average gentleman	44 lbs
A very strong gentleman	53 lbs

Source: *Enter the Kettlebell* by Pavel, pf. 3

Dr. Silverman conducts a progressive series of hands-on programs called **ATNP – Achieve Top Notch Performance** every 3<sup>rd</sup> Wednesday of the month from 7:00 – 8:00 pm: Aug. 18, Sept. 22, Oct. 20, Nov. 17, Dec. 15. This is no charge.

*Dr. Robert G. Silverman graduated Magna cum Laude from the University of Bridgeport, College of Chiropractic. He is a Certified Nutrition Specialist, Certified Clinical Nutritionist, has a Masters of Science in Human Nutrition, is a Certified Strength and Conditioning Specialist, and is a Diplomate with the American Clinical Board of Nutrition. Dr. Silverman is also a Certified Sports Nutritionist from The International Society of Sports Nutrition, and is a Certified Kinesio Taping Practitioner and a NASM-certified Corrective Exercise Specialist. He specializes in the diagnosis of joint pain and soft-tissue management and its treatments with an innovative, established and well-researched approach to non-surgical care, while incorporating proper nutrition protocols. He is board certified in Active Release Technique® (ART®), Graston Technique®, and cold-laser therapy. Dr. Silverman is a nationally known speaker, and has published numerous articles on treating and preventing sports injury, joint pain, and on nutrition, in addition to giving seminars on injury-related preventions, treatments and nutrition for various organizations and Fortune 500 corporations. He is a post-graduate instructor at the University of Bridgeport, College of Chiropractic. Dr. Silverman also serves as a chiropractor and sports injury consultant for basketball players, professional wrestling organizations, local, collegiate, and professional sports teams, professional tri-athletes, body-builders, martial artists and acted as the team doctor for the Amino Vital pro-*

*cycling team. He serves as a member of the medical team of New York City's Triathlons and Marathons, Westchester Triathlon, multiple international Iron Man events, and local sports venues. Dr. Silverman appears on Westchester's channel 76 - Beyond the Game, as a sports injury consultant, and as a pain-management and nutrition consultant on radio 1460 AM, and as a health expert on 1230 AM "Ask the Expert". He has his own syndicated talk show on Westchester's channel 75 called "Get Healthy w/ Dr. Rob". In addition, Dr. Silverman was also a featured guest on Westchester's Channel 12 as their Nutritional Weight Loss expert and was also chosen as the national spokesperson for the Vitamin Ester-C.*

**Dr. Robert G. Silverman (914) 287-6464**

**e-mail: [info@DrRobertSilverman.com](mailto:info@DrRobertSilverman.com)**

**website: [www.DrRobertSilverman.com](http://www.DrRobertSilverman.com)**