



casall[®]
**KETTLEBELL
GUIDE**

BUILD STRENGTH
INCREASE FLEXIBILITY
BECOME STRONGER
AND BALANCED



My name is Matthew Griffiths and I am a Professional Trainer within the fields of health and fitness.

I focus on performing with control, strength and rhythm. My training is diverse as I integrate many training forms to achieve total athleticism. This keeps the individual athletic, injury free and energized. In the Casall kettlebell guide, I will show you how to effectively complete the exercises and programs that we have compiled to help you along the way.

WELCOME TO THE CASALL KETTLEBELL GUIDE

Kettlebell training is from most sources documented to be originated somewhere between 300-350 years ago. Kettlebells are a highly efficient way to lose weight, tone your body, increase your cardiovascular fitness and strength and maintain joint health, mobility and flexibility. Although being such a good and old training equipment the evolution of the product design has been pretty much the same since the beginning. Until now. The Casall Kettlebell soft is designed to be the perfect kettlebell for home use.

This booklet will guide you how to complete some effective Kettlebell exercises to increase your strength, muscle flexibility and coordination. Each exercise is shared by excellent professional trainer Matthew Griffiths taken from the Casall T.O.D app. The exercises have been designed to help you enhance and optimize a functional body that feels stronger, more flexible and increase your body awareness and control.

How does Kettlebell training work?

Instead of isolating muscle groups, kettlebell training works all your major muscle groups at once with dynamic movements. That's because you have to work continuously to control the kettlebell's shifting center of gravity as you move it around your body. This develop a more balanced functional body.

How can Kettlebell help me improve my performance when I play sport?

One of the main reasons kettlebells can help improve you play sport is that kettlebell movements mimic athletic movement patterns. The kettlebell requires the user to be on their feet where they will develop proprioceptive awareness (awareness of the body in space) and immense grip strength. Every sport requires awareness of their body, foot placement, shoulder positioning, in order to defend a goal, catch a ball, swing a bat, throw a pass, tackle, swim, explode on the field. Sports that require gripping a bat or a ball can also benefit from the grip strength

developed from kettlebell training. Kettlebells also combine anaerobic and aerobic conditioning, which are typically separated in most athletic programs.

What is the best benefits from Kettlebell training?

- Kettlebell training improves your power output
- Kettlebell training builds powerful forearms and a strong grip
- Kettlebell training improves your cardio - respiratory fitness
- Kettlebell training develops mobility gains
- Kettlebell training is suitable for beginners to elites
- Kettlebell training allows you to reduce overall training time.

THE PERFECT KETTLEBELL FOR HOME USE

Casall Kettlebell Soft has all the advantages of a traditional kettlebell. But it is not like any other, it is so much more.

Casall Kettlebell Soft has the great advantage of having a soft touch despite being heavy, stable and has a perfect balance. It is the perfect kettlebell for home use because it is a friend to the floor and feet.

Completely PVC-free and contains no phthalates.

Available in weights 6kg, 8kg, 12kg and 16kg.

Casall always strive for that our products are of the highest standard and are produced with respect for the environment. We are constantly working to ensure we that comply with all applicable environmental requirements and regulations (including REACH), so that the products are not dangerous for the environment and humans.

To read more about this Casall product and the process how it comply to the REACH chemical legislation see www.casall.com



KETTLEBELL

SWING

LEGS, CORE, SHOULDERS, BACK



- 1 - Feet shoulder width apart, lower torso and sit back with your hips.



- 2 - Contract your muscles in the butt and in back of your legs to stand up.



- 3 - Straighten your hips to drive the kettlebell up.

KETTLEBELL

THE MARCH

LEGS, CORE, BACK



- 1 - Start with the feet close together. Kettlebells by your side.



- 2 - Bending forwards at the hip, step forward with the left leg while keeping it straight.



- 3 - Keeping the right leg straight, bring it forward and bend the knees.

KETTLEBELL

HALO

SHOULDERS, CORE



- 1 - Stand shoulder width apart. Hold the kettlebell upside down against your chest.



- 2 - In a circular motion, take the kettlebell around your head. Keeping the kettlebell as close as you can to your body.



- 3 - Change direction after a while.

KETTLEBELL

EIGHTY EIGHT

SHOULDERS, CORE



- 1 - Start in a squat position. Chest up.



- 2 - Pass the kettlebell in a figure eight motion between the legs.



- 3 - Change direction halfway through the time.

KETTLEBELL TURKISH GET UP

LEGS, CORE, SHOULDERS



- 1 - Extend your left arm holding the kettlebell over your shoulder. Bend the left leg, with the right arm 45 degrees from the body.



- 2 - Extend the right arm, lift the chest while keeping the kettle bell over your shoulder.



- 3 - Lift the hip, while keeping the left leg bent and left arm extended.



- 4 - Position the right leg in a lunge position.

KETTLEBELL DYNAMIC LIFT

LEGS, CORE



- 5 - Extend the right leg, step forward with the leg foot. Keep the leg arm extended. Change to the other side halfway through the time.



- 1 - Start in a squat position. Chest up.



- 2 - Jump up extending the hips and legs.



WE ARE DESIGNED IN SWEDEN.

WE ARE CASALL

For over 30 years we have created high end training wear and equipment. Always based on passion for quality and design. Always for people who are serious about their training - and look. Because we believe training and fashion belong together.

WE MAKE FUNCTION BECOME ATTRACTIVE

We will never choose between function or style - we will combine them. We offer innovative wear and tools with superior functionality in every detail. With designs that embrace strength, body and personal style. We make function become attractive.

WE MAKE YOU FEEL STRONGER

We know that feeling beautiful is a powerful thing. It will make you feel stronger and perform better. Our mission is to make it happen - through your own physique and style. Casall's training wear is designed to enhance your body and individual look. And ultimately make you achieve more in training.

WE MAKE SURE YOU'RE PERFECTLY EQUIPPED

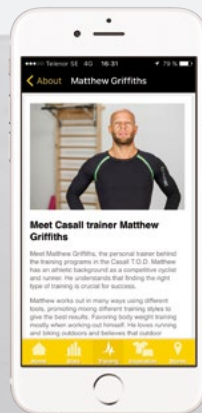
We take your training as seriously as you do. All of our products are developed to make sure you are perfectly equipped for each and every training occasion. Whatever you have decided to achieve, we provide the wear and tools you need to get there.

WE TAKE RESPONSIBILITY

We care about creating superior wear and tools, but also about how we create it. Sustainability and honesty are natural parts of who we are and high valued in everything we do.

ALSO CHECK OUT OUR APP

Please download our training app for smartphone. Available both in app store and google play. This is a pocket-sized personal trainer, helping you to track and maximise your training and inspire you to try many different exercises.





PLEASE DOWNLOAD OUR
TRAINING APPS FOR SMARTPHONE.
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