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## KB Swings

- Take a wide stance 1.5 times shoulder width, toes pointing slightly outward, squat down and keep your back straight (not vertical), lean slightly forwards and pick up the KB
- Push the hips back and flick the kettlebell back between your legs (staying clear of your groin)
- This point the forearms will push against your inner thighs
- As the kettlebells starts its descent, squat up and thrust your hips forwards
- Your back will rise, swinging the kettlebell forwards, the kettlebell should swing up to chest height
- Let the kettlebell fall back into its own arc and assist the kettlebell back to the start position, keeping the arms straight, squatting down slightly (quarter squat) and keeping the back straight with a slight lean forwards
- Cushion the kettlebell back between the legs and repeat

