



Double Arm High Pull



As you practice the High Pull and other power moves, you will notice the speed of your movements will increase. This power acquisition will translate into your tennis or golf game, dancing, or any activity that requires speed and power.

The high pull is a vertical power move, which means your movement intention should be explosive and fast.

This doesn't mean the reps have to be performed in quick succession, one after another. It means that when you are ready to move, move FAST, then relax, breathe and reset for the next repetition. When you are learning the movement be sure to take your time between each rep and make the movement of good quality.

How to do

Begin in a squat position with both hands on the handle, arms straight, and the bell hanging in front of you.

The initial power comes from pushing the ground away with your legs, then guiding the bell upward by lifting your shoulders and elbows so the bell travels in a straight line close to your body until the handle is neck-level.

Remember, the lower you squat in the preparation, the more power you will generate into the high pull.

Inhale as you prepare in the squat position. Exhale as you push your legs into the ground; shoulders and elbows lift.

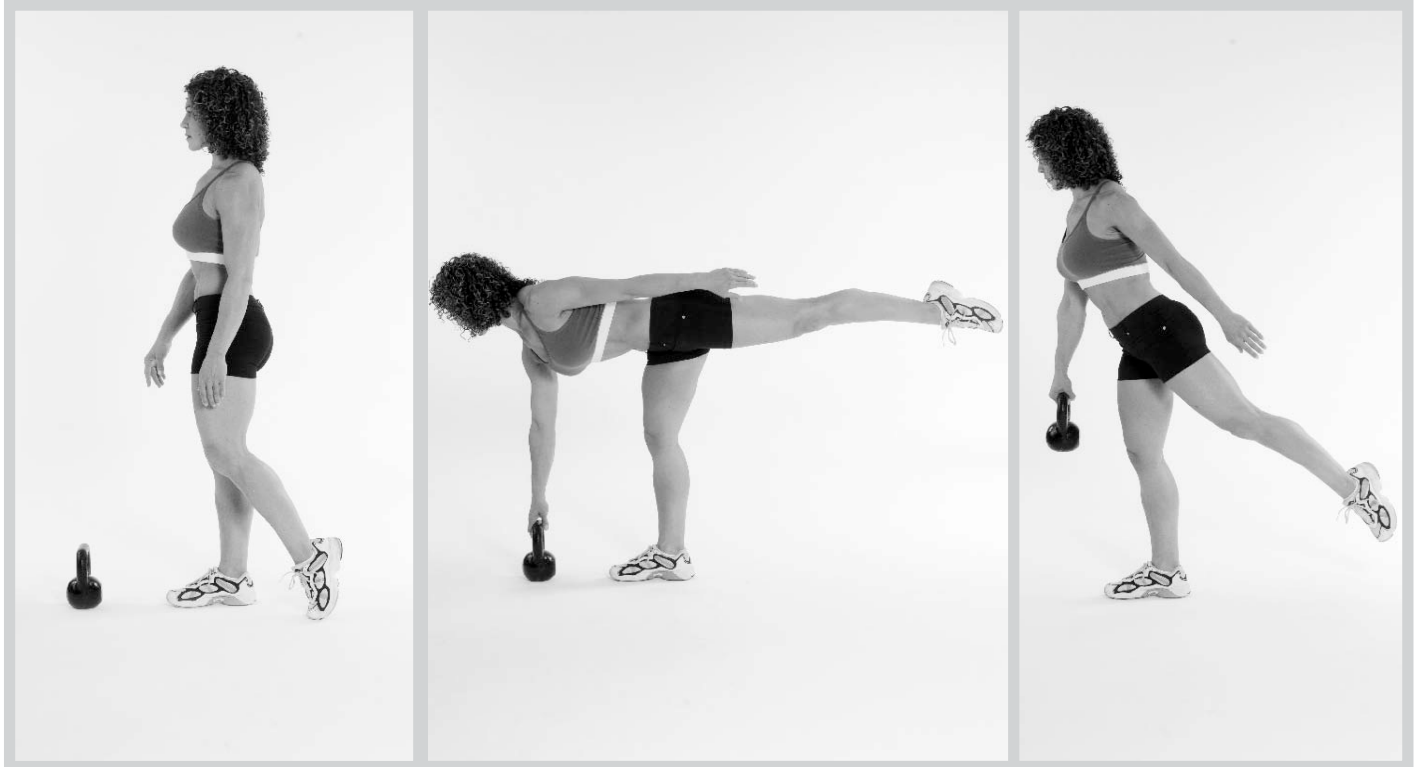
As you practice the High Pull and other power moves, you will notice the speed of your movements will increase. This power acquisition will translate into your tennis or golf game, dancing, or any activity that requires speed and power.

Be sure to

1. Maintain good form on each squat preparation
2. Push the floor away explosively
3. Lift shoulders and elbows high
4. Bring bell to neck level
5. Relax and prepare again between reps



One Legged Dead Lift with Kettlebell



How to do

On right side, stand approximately 5 inches behind the kettlebell. Touch the toes of the left foot to the floor so you're balancing on the right leg. Begin to bring your torso forward, flexing from your hips and bending your knee, while the left leg rises behind you. Balancing will be easier if you keep your weight toward the heel of the foot.

Take the handle of the kettlebell and lift as you stand. If you begin to lose balance, touch your toes to the floor and begin again.

Keep your core engaged from start to finish and move slowly! The objective is to move smoothly with balance, not to get through the reps quickly.

Inhale as you flex, exhale as you straighten. You may stand on a stepper to create a greater range of motion.

Be sure to

1. Flex from your hips and bend your standing knee
2. Keep your head aligned with your spine
3. Move slowly