

**THE KETTLEBELL MAY DESERVE MORE RESPECT THAN IT RECEIVES**, it seems. Check out the in-depth story that [KettlebellsUSA.com](http://KettlebellsUSA.com) offers visitors to its website. According to the piece, this funny-looking weight has been around for about 350 years, first used “as handled counterweights (bearing the Imperial Seal) to weigh out dry goods on market scales.”

If the origins of the kettlebell inspire you to try exercising with this type of dumbbell, next read “[Complete Guide to Kettlebell Training: Beginners to Advanced](#)”. Author Greg Brookes delivers on the promise of his article’s title in a very helpful way. Far more educational than most kettlebell workout routines, it frontloads an infographic that summarizes much of the information proved in the following text.

Topics include advice on selection of equipment and weights to use, an explanation of competition kettlebells, and how to get started. Brookes perspective in this area may be the most valuable portion of the tutorial. He recommends first working on “stabilization” training (Level 1), then progressing to “dynamic” training (level 2) and eventually “advanced” training (Level 3). For Levels 1 and 2 Brookes provides exercises and a 3 to 4-week workout plan. For Level 3 there are three workout circuits.

Drawings offer frame-by-frame demonstrations of the exercises. There are videos as well. The very bottom of the guide promises links to a couple 12-week training programs but the links are no longer active.

Strength training with kettlebells is not an area of my/Earned Runs expertise. However, the GB Personal Training guide seems to take safety into account, emphasizing that beginners work initially to minimize risk of injury and then to maximize training benefits. Urging them to “start off with the basics and build a strong foundation” by strengthening small “Stabilizing” muscles before working large “Prime Mover” muscles. This approach is similar to what physical therapists have taken in helping me with rehabilitation.

If you’re keen on trying kettlebell exercises without the expert help of a certified trainer, review the GB Personal Training before attempting workouts. It might change your perspective on the best way to incorporate them into a fitness program.

A link to the GB “[Complete Guide](#)” can be found on the [RESOURCES](#) page for later reference.

**RUN & MOVE HAPPY!**

<https://www.gbpersonaltraining.com/guide-kettlebell-training-workouts/>

<https://www.kettlebellsusa.com/what-is-a-kettlebell/>

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