Kettlebell Thrusters

SUPER MOVE

It’s time to strengthen those shoulders, especially before holiday shopping season! Those bags can get heavy… A great move that Level Red Boxing performs in their gyms are Kettlebell Thrusters!

This move works out the whole body! Combing a couple key moves, the squat and arm swing, it works out the knees, quads, hamstrings, glutes, shoulders, laterals, and biceps. All while helping train the body to maintain balance and control over its movements.

Does this sound like the workout for you? Here’s how:

**Instructions:**

1. Hold two kettlebells by their handles so the weight is resting on the back of your shoulders.

2. Slightly bend your knees and squat down, keeping your legs in line with your shoulders.

3. Drive through your legs and straighten them, extending your arms as you do to raise the kettlebells above your head.

4. Squat down and repeat.

Be sure to start off with lighter bells so you don’t hurt your wrists or legs at first. If you attend one of our classes our detailed trainers would be happy to help show you the proper way to perform this move. We believe you’re strong at every level!