

HOW TO PERFORM A KETTLEBELL THRUSTER

When it comes to getting the heart rate racing and hitting almost every muscle in the body then you can't get much better than the Kettlebell Thruster exercise.

The Kettlebell Thruster is a complex combination of a kettlebell squat and a kettlebell overhead press. The kettlebell squat should provide the momentum to drive the kettlebell up and into the top position.

Although the thruster may look easy when performed correctly, it's a more advanced kettlebell exercise and does require a certain amount of skill and conditioning.



1. Start with feet shoulder width apart, safely pick up kettlebell and hold it with both sides either side of the horns.
2. Begin to squat by flexing your hips and knees, lowering your hips between your legs. Maintain an upright, straight back as you descend as low as you can.
3. At the bottom, reverse direction and squat by extending your knees and hips, driving through your heels. As you do so, press the kettlebell overhead by extending your arms straight up, using the momentum from the squat to help drive the weight upward.
4. As you begin the next repetition, return the weight in front of the chest before squatting.

PROGRESSION

KETTLEBELL SINGLE ARM THRUSTER



The kettlebell thruster using one arm is very similar to the two-arm variation.

The only difference here is that the exercise is performed with one arm and the kettlebell is held in the racked position during the squatting phase.

Care must be taken that **kettlebell stays in the racked position** throughout the movement and that the **elbow does not wing** out during the squat.

If you find that during the exercise the shoulder is struggling to maintain the position of the kettlebell then the **other hand can come across to help** stabilise the kettlebell.

Using the other hand with take pressure off the shoulder and **keep the kettlebell in position**, especially at the bottom of the squat movement.

The one arm kettlebell thruster is best performed as one fluid movement.

Use the **power of the legs** to drive the kettlebell up and into the top position.

Maintain a **strong grip** throughout and control the kettlebell on the downward phase.

MUSCLES WORKED

Here are just a few of the key muscles used:

- Hamstring muscles
- Quadriceps muscles
- Gluteus Muscles
- Latissimus Dorsi Muscles
- Triceps Muscles
- Trapezius Muscles