

WRITTEN & CREATED BY GAVIN WALSH

# LEAN BELLS

FOR MAXIMUM FITNESS & FAT LOSS



7-DAY KICK START

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# About The Author

First of all, let me say a big thank you for being an action taker and investing in this program. What a super star you are! 😊

I've no idea how you find this program or me for that matter, but I've gotta say I'm super happy to be sharing this information with you and I truly hope that what you are about to read (and follow) opens your eyes to the world of accelerated fat loss with the magic of kettlebells.



Now in all honesty, you don't need to read this bit about me...so, if you wanna get stuck straight into the workouts, etc I totally understand 😊

However, if you'd like to know a wee bit about icky old me carry on...

I started in the fitness industry as a personal trainer after finishing my degree in Sports Science at Staffordshire University in England. And of course, as a personal trainer with lofty ambitions I packed up my bags and went straight to London.

London was great, but Mrs W and I got fed up and wanted a better work/life balance...so, we moved to London by the sea...also known as Brighton!

I still train a few select clients each week, because I enjoy that part of my work, but I now help way more people all over the World via the ol'tinterweb, which I'll admit is pretty cool!

And that's exactly my focus: to help as many peeps as I can, no matter where they live, to improve their health, fitness and vitality. Its brill, when I get emails coming in from people all over the World telling me how I've helped them lose weight or completely transform their health. I love it! 😊

# Introduction

If you're completely new to the World of Kettlebells you're in for a treat and even if you're not, it's certainly worthwhile reading this 7-day guide as it'll help iron out any creases in your technique.

Now, to make sure you hit the ground running and your technique is up to scratch before hitting those dizzy workouts of mine, it's a very good idea to practice the core movements first. So...

You will learn each core movement and be able to polish your technique, so that you can show off your new found skills to all who will watch and listen.

On a more serious note, I wanna make sure you don't hurt yourself. Because as much as I love the kettlebell, if you don't use them properly, chances are you'll drop one on your noggin and we can't have that now, can we?! So...

Over the next 7 days I'll be serving up a platter of kettlebell delights for you to hone your technique, along with some other Walshy wisdom.

I'll show you how to do such movements as the swing, clean, snatch, Turkish Get Up and a couple of other cheeky monkeys.

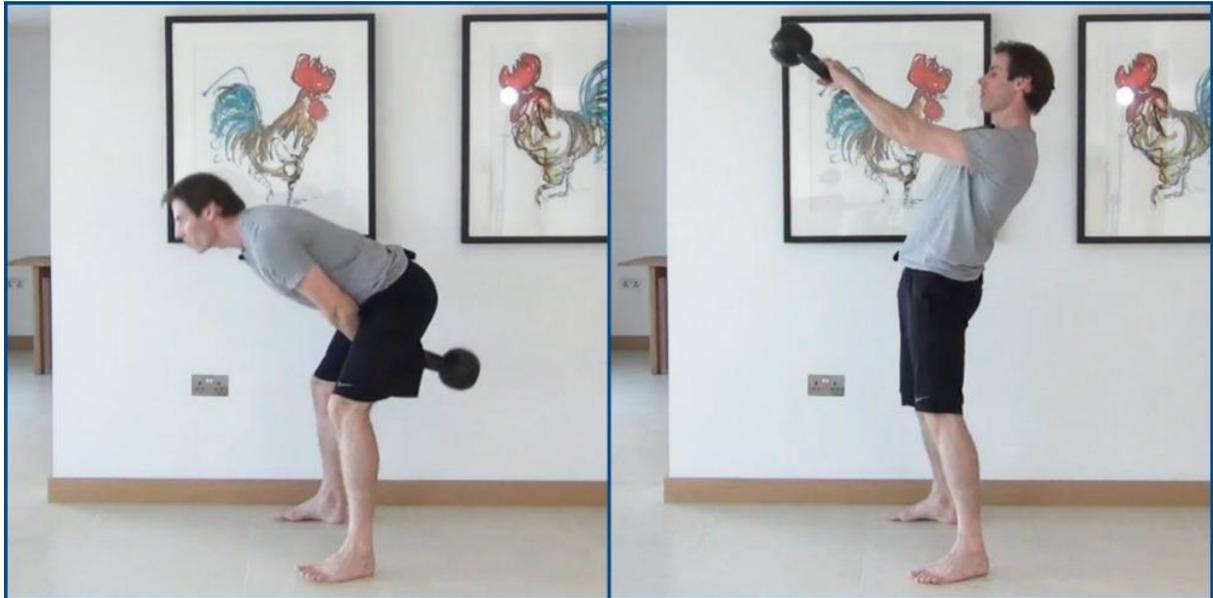
And just in case you're one of those impatient types, it is possible to condense this 7-day foundational period if you want to, but if you've done little training I'm willing to bet that after practicing a few swings your body will let you know about it the next day. So, unless you're fairly active already, I'd advise you to follow the 7-day plan as laid out for you. Got it? ;)

Now, I know you're a busy bunny and time is of the essence, but I recommend that you spend 10-20 minutes practicing each movement over the next 7 days.

You'll need to be aware of your body: how it moves, how it looks (in the mirror) and how it feels using the kettlebell to make sure your technique improves and you stay injury free. Watch the coaching videos provided and listen to my coaching cues, common technique mistakes and any other ickle nuggets I throw in.

Okay, if you're ready, shall we begin?

# Day 1: Swing



[See The Video](#)

The little ol'swing is our first port of call and that's because this exercise has a huge cross-over to many of our bigger, slightly more advanced movements such as the clean or the snatch.

Frankly, if you learn any other kettlebell exercise before the swing you'd be doing things arse-over-tit. So, we best make sure you learn the swing good and proper.

Performing the perfect kettlebell swing places all the emphasis on the posterior chain—the major muscles on the backside of the body from the heels to the base of the neck, primarily the hamstrings, glutes, and low back. These muscles are big movers. And unlike little movers (such as calves, biceps, triceps, and deltoids), the big movers are capable of moving big weight and burning massive amounts of calories...which is nice 😊

Anyways, the action is all from the hips (not your arms) and in order to get the most from this exercise, you need to think of your hips as a hinge.

## Swing Pitfalls

1. Lifting with the arms:

It's called a kettlebell swing, not a kettlebell pull. With that in mind always drive and explode from the legs and hips.

2. Not bracing: If your back hurts, something is out of whack. Chances are you're either rounding your back by not bracing your core and retracting your shoulder blades. Or you're initiating the descent of the kettlebell with your chest, allowing your torso to drop to the floor. Start and finish the swing by loading, firing, and hinging at the hips.

## Day 2: Goblet Squat



[See The Video Here](#)

As you'll see in the video, I recommend that you do this without the weight first to see whether you can actually squat without your back going into a hunched position and that your weight sits on the heels of your feet.

You'd be surprised by the amount of people that can't do a simple squat, but that's just the society we live in ;o)

I'd recommend squatting next to a mirror to check your back position or at least get a friend or family member to check it for you. If all is well, then grab your 'bell and fire it up to chest height.

There are a few ways that you can hold the 'bell before dropping into your squat.

- 1) By the handle at chest height.
- 2) Hands round ball and thumbs inside the handle at chest height (as in image above).
- 3) By the handle with your hands by your waist (sometimes better if you've only got a heavy kettlebell)

This exercise is a simple one, but it's worth mastering so pay special attention to the video.

## Day 3: Clean (& Press)



[See The Video Here](#)

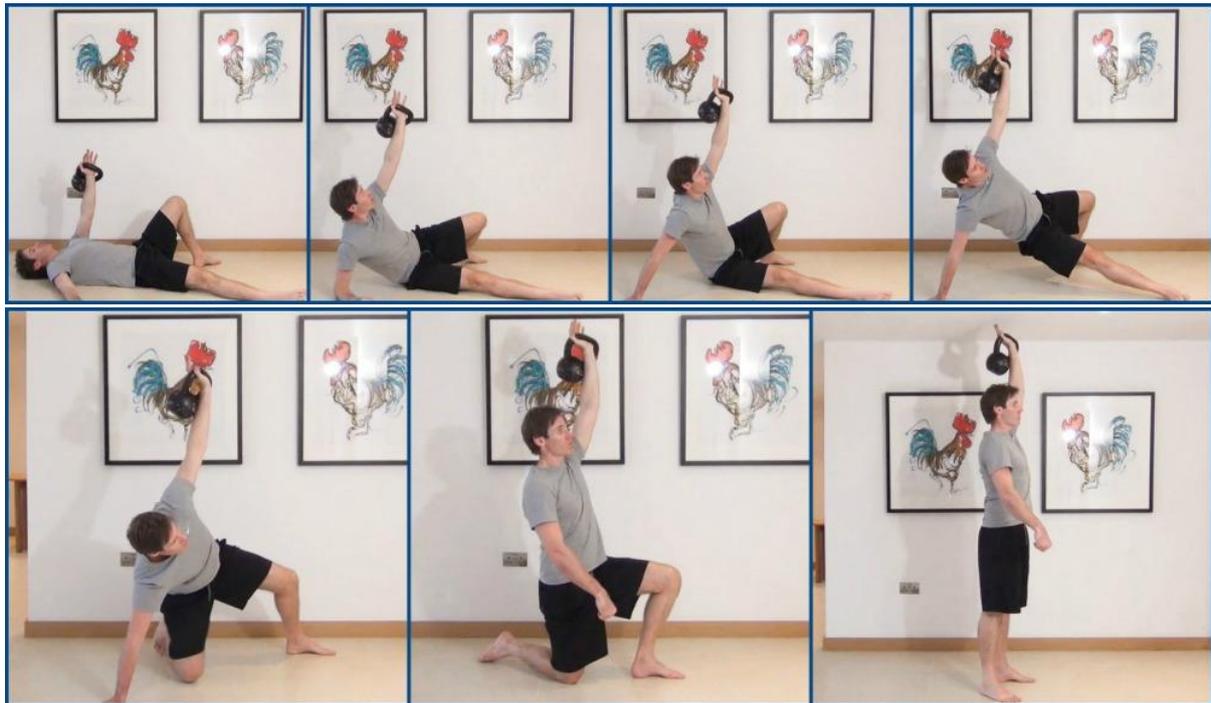
This is more like it, time to get an ickle bit fancy with the clean and press 😊

You'll notice that the first phase of this movement is similar to a swing, but you should also notice that the 'bell stays close to your body during the top phase of the clean by keeping your elbow close to your body.

From there, you'll be looking to fire your kettlebell overhead with the press. You could say that there's a lot going on with this exercise...and you'd be right.

Give it a whirl for 20 minutes or so, switching arms and practicing the rotation of the wrist as you clean the bell to smooth out the 'landing' of your kettlebell.

## Day 4: Turkish Get Up



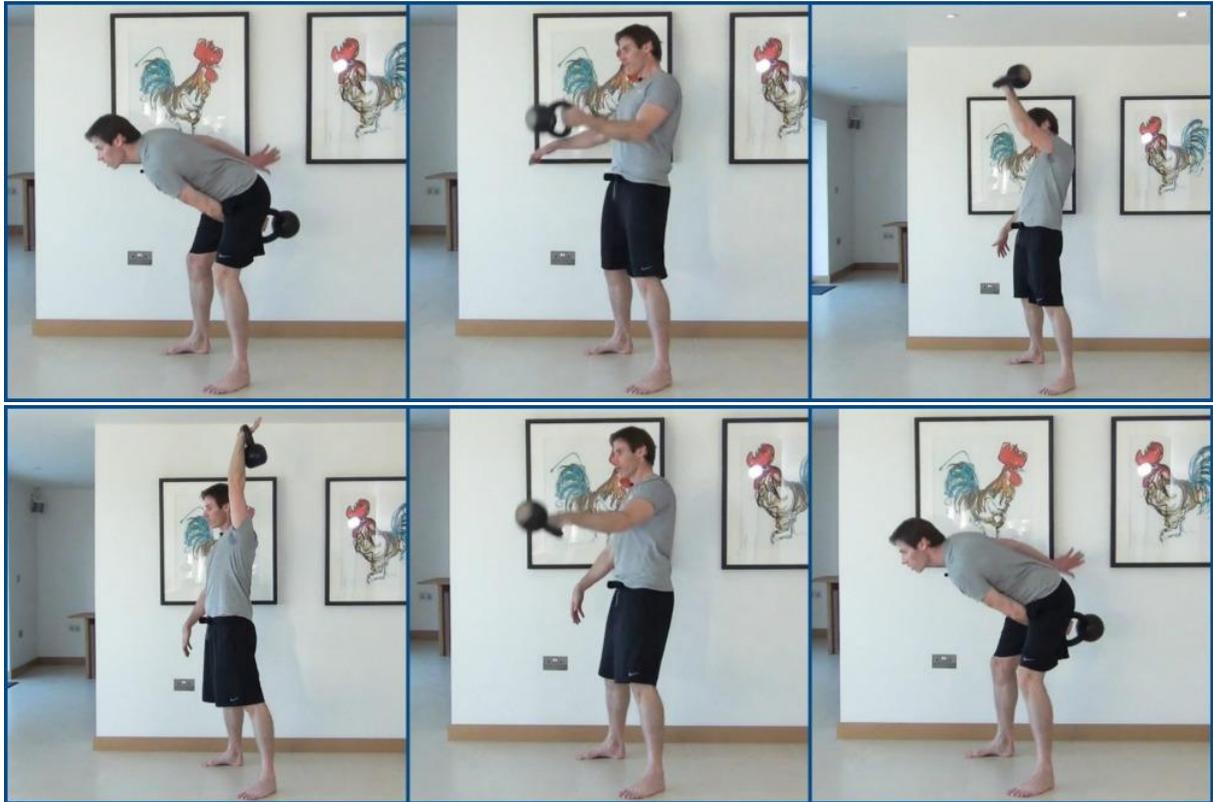
[See The Video Here](#)

The TGU is my all-time favorite exercise. I bloody LOVE it.

In terms of working your core, you don't get much better. However, there are a lot of moving parts to this exercise and because of this you'll have a hard time figuring out what you're meant to be doing if you only look at the images above. So...

Hit play and watch my ugly mug take you through this unique and highly effective core exercise.

## Day 5: Snatch



[See The Video Here](#)

Woohoo, the big guns are out now!

The snatch is without a doubt the T-Rex of the kettlebell world. You've got strength, power and cardio all rolled into one killer move.

The only catch...

It's a complex move that takes a lot of practice to perfect.

First off you've gotta have the swing nailed...hip-drive, hip-drive, hip-drive!

Once you've got that in the bag, then you can be sure you'll fire the 'bell overhead. That's not to say the snatch is simply a higher swing, oh-no!

When the 'bell gets above the waist you'll be looking to pull slightly (notice the kink in my arm: top-middle image) and then punch overhead.

The hip-drive should create enough momentum for the 'bell to almost sail into position above your head without the arms or shoulders have to get involved overly.

Now, there are two ways to finish the top phase of snatch:

1. The flip (kettlebell flips over the top of the hand)
2. The rotation (kettlebell rotates around the forearm like a corkscrew)

Personally, I recommend the rotation as I find the flip causes a lot of bruising while at the same time I don't see any added benefit of the flip.

You'll see me perform the rotating snatch in the video. Notice how I rotate my arm and the 'bell from the get-go to ensure a smooth rendezvous with the kettlebell and forearm.

## Day 6: Slingshot



[See The Video Here](#)

This is a funky little move that you won't see many people doing, but it's a real hoot!

Having said that it does take a little bit of co-ordination to pull it off. But don't worry, I've got you covered...

In the video I'll show you how to do the slingshot one step at a time, before building up to the big move (see image).

It's a great cardiovascular exercise and one you can do for a couple of minutes in between other exercises to really fire up the heart rate or use as active rest...depends on how fast (and heavy) you go!

# Day 7: Windmill



[See The Video Here](#)

Warning: guys, you'll most likely be pants at this. Sorry!

The reason I say this is that because most guys are mega-inflexible and the windmill puts your flexibility to the test. So...

I recommend practicing this without any weight to start with to see what muscles 'scream' at you and stretch them out.

If you can't do this exercise with good form without the weight, you've got no chance doing it with the weight.

Stretch your hamstrings, inner-thighs as well as work on your lower back mobility with these drills:

[Lower Back Mobility](#)

## Well Done

Well, there you have it, 7 days done and dusted 😊

You should now have a much better understanding of how to perform the core kettlebell movements properly and with confidence.

You may not have mastered them all just yet, but as they say “Rome wasn’t built in a day”, so keep practicing and if you’re struggling with a particular movement just let me know and I’ll see if I can point you in the right direction.

From here, you can get cracking with those beastly workouts I’ve created for you....good times!

They’ll be challenging, no doubt about it, but they’ll burn more fattimus from your assimus, sky-rocket your metabolism and boost your overall health in 20 minutes or less.

So, go forth my friend and swing that kettlebell like there’s no tomorrow!

Toodle-pip,

A handwritten signature in black ink that reads "Gavin". The signature is written in a cursive, flowing style with a horizontal line under the 'i'.

# Additional Resources

If you enjoyed these workouts and the manner at which I deliver them, you might like to try a few of my other cheeky workouts programs...crazy thought, I know?! ☺

## 1) LEAN IN 19 | EXTREME FAT LOSS PLAN



## 2) 4 MINUTE FAT BURNERS

