



# KETTLEBELL SWING POWER: EXPLOSIVE STRENGTH + CONDITIONING

Explosiveness. Posture. Athleticism.

A professional breakdown of the Kettlebell Swing — mechanics, posture, breathwork, cues, programming, and performance tips — designed to build posterior power, metabolic conditioning, and real-world strength.

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## MOVEMENT BREAKDOWN

Exercise: Kettlebell Swing

Category: Explosive Hip Hinge / Power + Conditioning

Primary Focus: Glutes, Hamstrings, Posterior Chain

Secondary Activation: Core, Lats, Shoulders, Grip

Goal: Power / Fat Loss / Athletic Conditioning

Best For: Intermediate to Advanced lifters — once the deadlift is dialed in

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## PERFORMANCE CUES (OWN THESE)

- 🧠 “Hinge, don’t squat.” → Hips go back, not down.
  - 🧠 “Explode from the hips.” → Let the bell *float* up — don’t muscle it.
  - 🧠 “Snap and squeeze.” → Glutes contract *violently* at the top.
  - 🧠 “Bell should feel weightless at the top.” → Momentum, not lifting.
  - 🧠 “Arms are ropes, not lifters.” → Core and hips drive the motion.
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## STEP-BY-STEP FORM GUIDE

### 1 Set-Up

- Feet shoulder-width apart, bell about 1 foot in front of you.
- Hinge hips back, flat back, slight knee bend — grab the handle with both hands.

- Shoulders packed, lats engaged.
- Hike the bell back through your legs like a football snap.

## The Swing

- Forcefully drive hips forward — explode!
  - Let the bell *float* to chest height, arms straight but relaxed.
  - Stand tall at the top — glutes locked, core braced.
  - Let the bell swing back between legs under control.
  - Maintain the hinge — don't collapse or round.
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## BREATHING TECHNIQUE

Explosive Core Breath:

- ♦ Inhale at the bottom as the bell swings back
  - ♦ Exhale sharply *with* the hip snap — like a power grunt
  - ♦ Keep abs tight at the top
  - ♦ Breathe rhythmically in sync with each rep
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## MIND-MUSCLE CONNECTION






- Focus on glutes and hamstrings doing the lifting.
  - Feel the stretch at the bottom, the explosion at the top.
  - If your shoulders are sore — you're lifting, not swinging. Reset.
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## PROGRAMMING STRUCTURE

GOAL	REPS	SETS	TEMPO	REST
Power	8–10	4–6	X-0-X-1	60–90 sec
Conditioning	15–25	3–5	2-0-X-0	30–60 sec
Fat Loss	30–45 sec	3–6	Controlled	15–30 sec

Tip: Start with 2-hand swings. Master the hinge first.  
Use EMOMs (every minute on the minute) or intervals for fat loss and conditioning.

## COMMON MISTAKES

-  Squatting the movement
-  Lifting the bell with arms
-  Rounding the back at the bottom
-  Overextending the spine at the top
-  Letting the bell get too low or lose control

## MOBILITY PREP






- Hip Flexor Stretch – 30 sec per side
- Glute Bridges – 15–20 reps
- Hamstring Sweeps – 10 per leg
- Kettlebell Deadlifts – 10 reps for patterning

## VARIATIONS TO EXPLORE

- 1-Arm Kettlebell Swing → Rotation control and grip challenge

- Russian Swing (chest height) → Safer and more explosive
- American Swing (overhead) → More shoulder, less posterior chain
- Double Kettlebell Swing → Extra load and core demand
- Band-Resisted Swing → Overload hip drive at top

## WEEKLY KETTLEBELL SWING CHECKLIST

-  Hips snap, don't squat
  -  Bell floats — not lifted
  -  Core braced at top
  -  Glutes drive, not arms
  -  Back stays neutral
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## PRO COACH BONUS TIP

“If your forearms burn before your glutes, reset your technique. This is a hip movement — not a bicep curl disguised as cardio.”

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## AFFIRMATION

“I move with force and control. Each swing is power, precision, and pride. I am athletic. I am explosive. I am unbreakable.”