

Kettlebell Swings for Mountain Biking

Virtual Workshop Manual

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Disclaimer

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including this workout. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this workout, please follow your doctor's orders.

Welcome to the Kettlebell Swing for Mountain Biking Virtual Workshop!

In this series of videos I am going to cover everything you need to know in order to get the most out of your KB Swings so you can get the best results while minimizing injuries.

In this short manual you will find the links to the videos along the outline notes for each section of the Virtual Workshop. There is room for notes on each page so you can take notes while you are watching the videos.

I suggest that you take these steps to get the most out of this Virtual Workshop:

- 1) Print off this manual so you can take notes as you watch the videos.*
- 2) Watch the Introduction video.*
- 3) Watch the Set Up video and then spend 5 minutes practicing what you learned.*
- 4) Watch the Executing Your Reps video and then spend 5-10 minutes practicing what you learned.*
- 5) Watch the Fixing Common Mistakes video and spend 5-10 minutes using the corrective exercise that targets your problem (if needed).*
- 6) Watch the Advanced Swing Variations and Swing Workout Ideas videos.*

You can either do this all at once - which will take about 90 minutes - or you can watch the videos as you have time. Each video is about 10 minutes long so you can watch and practice a section in about 15 minutes.

You can also use this Virtual Workshop as a reference in the future to review your technique or to get some new ideas for your workouts. No matter what training program you follow, if you have KB Swings as a part of it then this Virtual Workshop will be something that pays off for you for a long time.

Now, let's get started...

Ride Strong,

James Wilson

Part 1) Introduction

Video Link- <https://youtu.be/H9MM3bOKqWw>

- Why is the KB Swing important for us as mountain bikers?
 - Builds hips and core strength, grip strength and anaerobic strength endurance in an efficient, MTB specific way.
 - Teaches you how to use the hips to drive movement.
 - Teaches you how to explode with the hips to bunny hop and jump.
 - Teaches you how to use “relaxed tension” in the body and grip.

- What is the KB Swing?
 - Hinging vs. Squatting
 - An explosive Hip Hinge requires a solid slow Hip Hinge
 - Traditional vs. American Swing and which is better for us.

Part 2) The Set Up

Video Link- <https://youtu.be/BxiMyLbExDo>

- Make sure you are in a Hinge and not a Squat position.
- Stay balanced on your feet.
- Try to keep your shoulders over your feet (don't tip forward or lean back).
- Find a spot on the horizon to look at.

Part 3) Executing Your Reps

Video Link- <https://youtu.be/yL4VsUldm5g>

- Hike the KB back while maintaining your body position.
- Drive the hips forward to raise your shoulders and swing the KB forward.
- Lock the hips out at the top and “stop” the KB at chest level.
- Let the KB fall while you maintain your position, waiting until it is at your hips to move.
- Focus on staying balanced on your feet and not letting your weight tip forward and backward.
- Park the KB back in the start position when finished.
- Focus on creating a biomechanical breathing match.

Part 4) Fixing Common Mistakes

Video Link- <https://youtu.be/KXbeWMB7pYQ>

- Squatting your Swings.
 - Solution: Board under the toes
- Pulling too much with the arm.
 - Solution: Towel Swings
- Bending too much at the lower back.
 - Solution: Bulgarian Goat Bag Swings

Part 5) Advanced Swing Techniques

Video Link- <https://youtu.be/4MVi3v1Nfio>

- Deadstop Swing
- Single Arm Swing
- Pass Off Swing
- Hardstyle Swings

Part 6) KB Swing Workout Ideas

Video Link- <https://youtu.be/NsGqLiMXsBQ>

Rep Ladder Swing Workouts

Rep Ladders have you keep the same weight while you “step up” your reps each set until you get to the highest number of reps, or “rung”, on the ladder. For example, the 10-15-20 Rep Ladders you will do a set of 10 reps the first set, then a set of 15 reps and finally a set of 20 reps. You will then “step down” to the 10 reps and repeat the process as needed.

Workout #1

Two Handed Swing X 10/15/20 reps

Repeat rep ladder 2-3 times

Workout #2

Single Arm Swings X 5/10/15 reps on each arm

Repeat Rep Ladder 2-3 times

Breathing Ladder Workout

Breathing Ladders are where you use your breathing as your recovery period. It forces you to slow down and control your breathing in order to extend your rest period as long as possible. The key to it is to be strict with your breathing - don't sneak in a few extra breathes here and there. Take only as many breathes as you have prescribed and then start your next set.

Begin at 1 single arm swing + 1 single arm = 1 breath for recovery

2 single arm swing + 2 single arm swing = 2 breaths

3 single arm swing + 3 single arm swing = 3 breaths

4 single arm swing + 4 single arm swing = 4 breaths

5 single arm swing + 5 single arm swing = 5 breaths

6 single arm swing + 6 single arm swing = 6 breaths

7 single arm swing + 7 single arm swing = 7 breaths

8 single arm swing + 8 single arm swing = 8 breaths

9 single arm swing + 9 single arm swing = 9 breaths

10 single arm swing + 10 single arm swing = 10 breaths

When this is easy then build up to 5+5 = 5 breathes and then stick with 5 recovery breathes as you build up to the 10+10.

When this is easy you can increase the size of the kettlebell you are using.

Escalating Density Training

Instead of giving you a specific set and rep scheme Escalating Density Training will instead have you set a timer and try to get as many quality reps in as possible during that time period. Try to pace yourself at first and look to finish strong rather than blazing out of the gate and struggling to finish.

Record how many reps you finished with and then try to beat that number the following week.

Workout #1

Set a timer for 5 minutes and try to get 90 swings done in that time. Add a couple reps each week until you can do 110-120 swings in 5 minutes before increasing the weight.

Workout # 2

Set a timer for 10 minutes and try to get 180 single arm swings done in that time (switch arms each set and keep the reps even on each arm). Add a couple reps each week until you can do 200-210 swings in 10 minutes before increasing the weight.

Top of the Minute Swings

- 1) For these you will set a repeating timer for 60 seconds and hit the start button.
- 2) Do 20 swings and then park the kettlebell.
- 3) Rest for the remainder of the 60 seconds.
- 4) At the start of the next 60 second period do 20 swings, park the kettlebell and rest for the rest of the 60 seconds.
- 5) Repeat this process 3-6 times.

Viking Warrior Conditioning

- 1) For this workout you are going to use a repeating 15 second timer.
- 2) Start the clock and do a set of 8-10 Single Arm Swings during the 15 second period.
- 3) Rest for the next 15 second period.
- 4) Do a set of 8-10 Single Arm Swings using the other arm during the next 15 second period.
- 5) Keep alternating 15 seconds of work with 15 seconds of rest, switching arms each set and maintain the 8-10 rep pace.
- 6) Repeat for 10-20 times (5-10 times each arm).