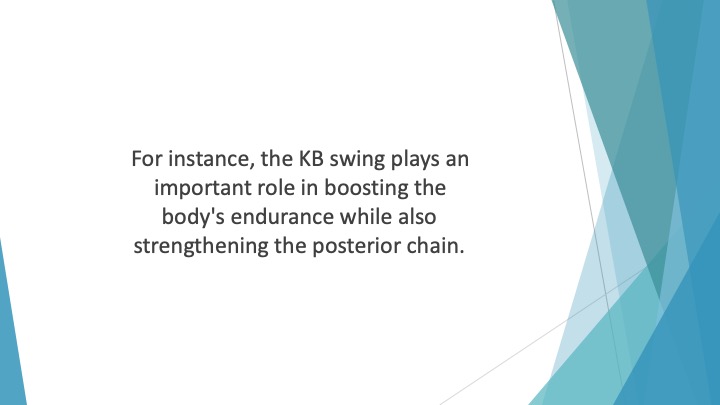
**Chapter 3: Common Kettlebell Mistakes**

****

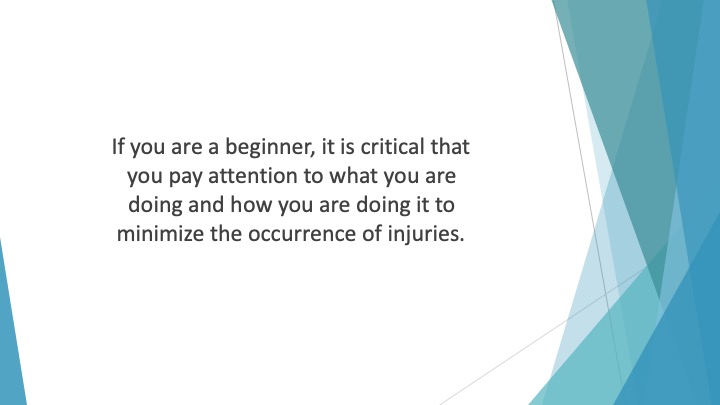
**S1** : In this video, we’ll learn about the “Common Kettlebell Mistakes”



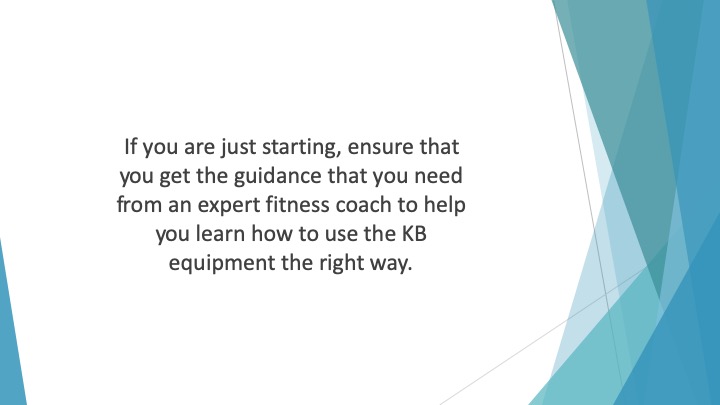
**S2 :** So far, we have already discussed how the KB training is effective in building strength and power. It is also clear that there is a wide range of KB training tools available in the market, each playing a significant fitness goal.



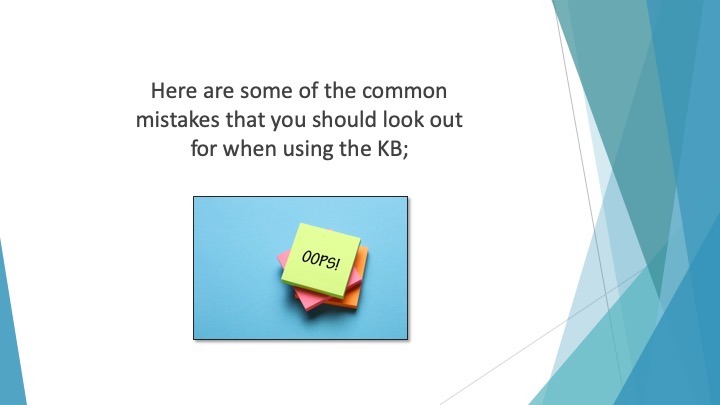
**S3** : For instance, the KB swing plays an important role in boosting the body's endurance while also strengthening the posterior chain.



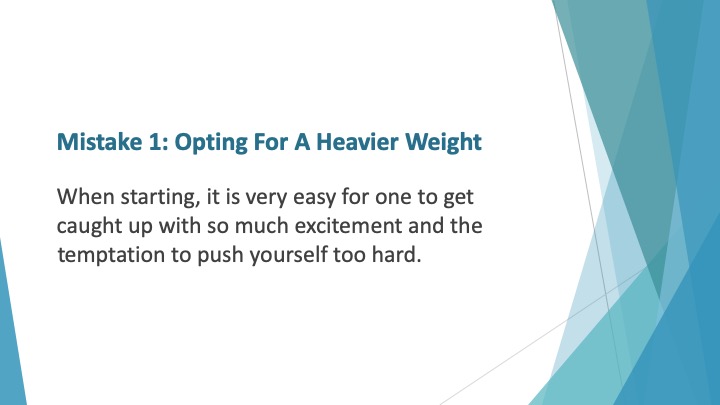
**S4 :** However, one thing that you have to bear in mind is that with KB training exercises, it is not always fun and games. If you are a beginner, it is critical that you pay attention to what you are doing and how you are doing it to minimize the occurrence of injuries.



**S5 :** If you are just starting, ensure that you get the guidance that you need from an expert fitness coach to help you learn how to use the KB equipment the right way.

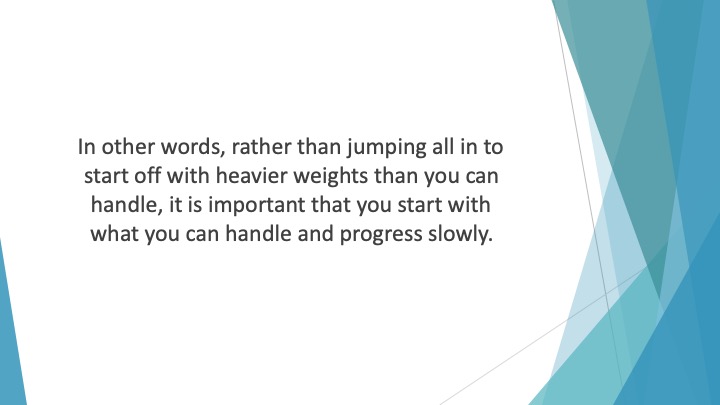


**S6 :** Here are some of the common mistakes that you should look out for when using the KB;



**S7 : Mistake 1: Opting For A Heavier Weight**

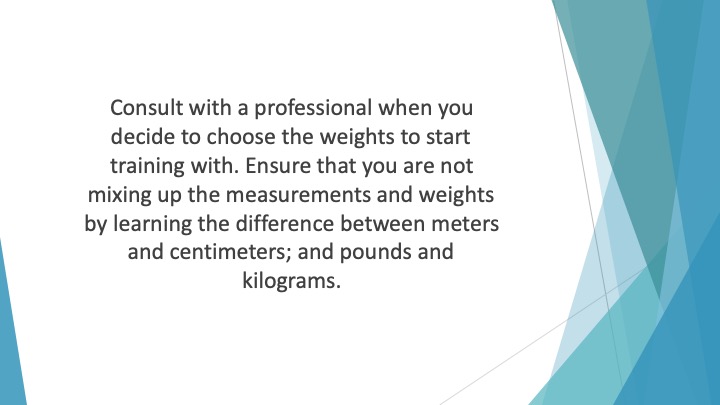
When starting, it is very easy for one to get caught up with so much excitement and the temptation to push yourself too hard. Yes, the challenge is good, but you have to do it gradually so that the body is not in shock.



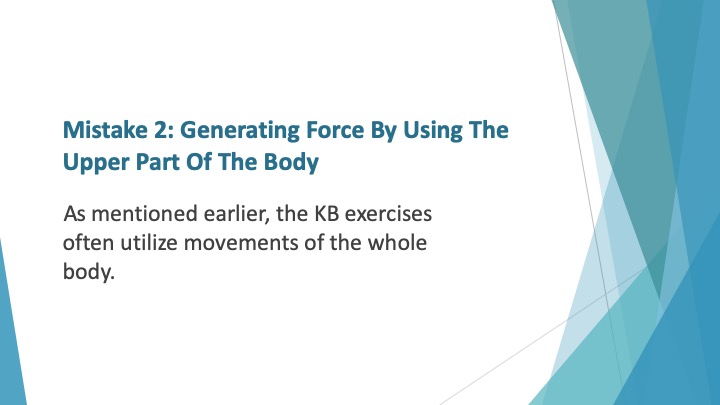
**S8 :** In other words, rather than jumping all in to start off with heavier weights than you can handle, it is important that you start with what you can handle and progress slowly. When you add more weight than you can handle, you will only restrict in an improper form and increase the risk of having an injury.



**S9 :** Whenever you are training, always ensure that your safety comes first. The best way to do this is ensuring that you select the right weight of KB.

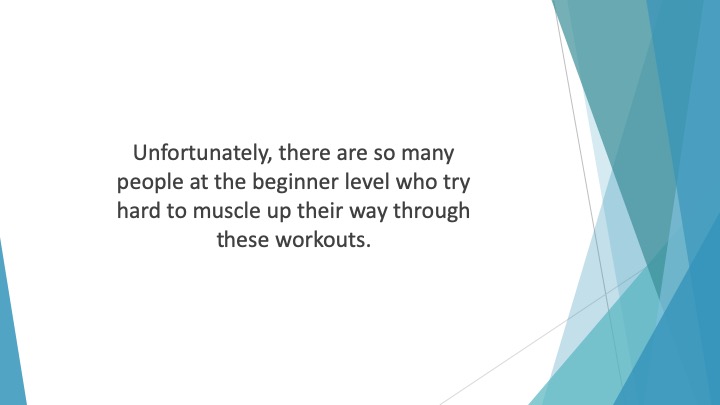


**S10 :** Consult with a professional when you decide to choose the weights to start training with. Ensure that you are not mixing up the measurements and weights by learning the difference between meters and centimeters; and pounds and kilograms.

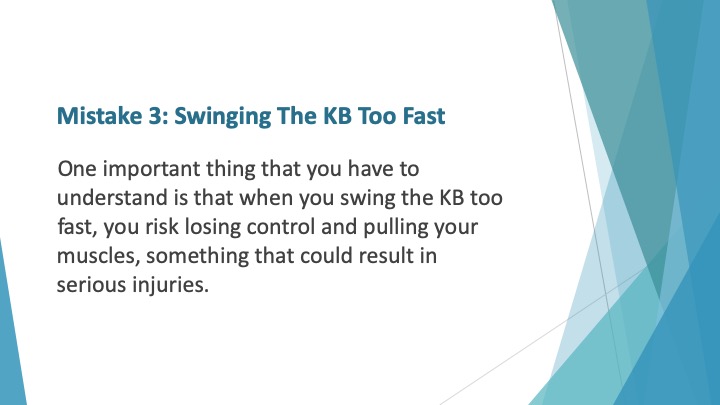


**S11 : Mistake 2: Generating Force By Using The Upper Part Of The Body**

As mentioned earlier, the KB exercises often utilize movements of the whole body. This is what makes the training sessions twice effective.

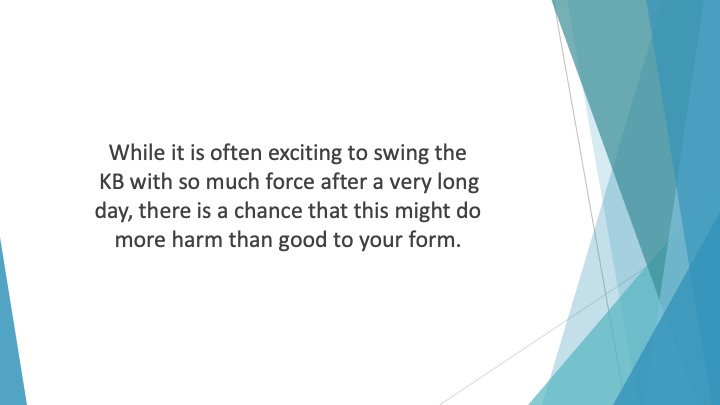
****

**S12 :** Unfortunately, there are so many people at the beginner level who try hard to muscle up their way through these workouts. It is important that you realize how this might place unnecessary strain on your upper body and try not to do it.

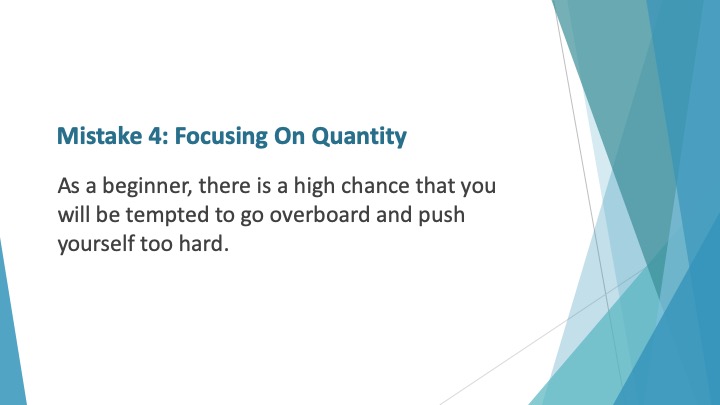


**S13 : Mistake 3: Swinging The KB Too Fast**

One important thing that you have to understand is that when you swing the KB too fast, you risk losing control and pulling your muscles, something that could result in serious injuries.

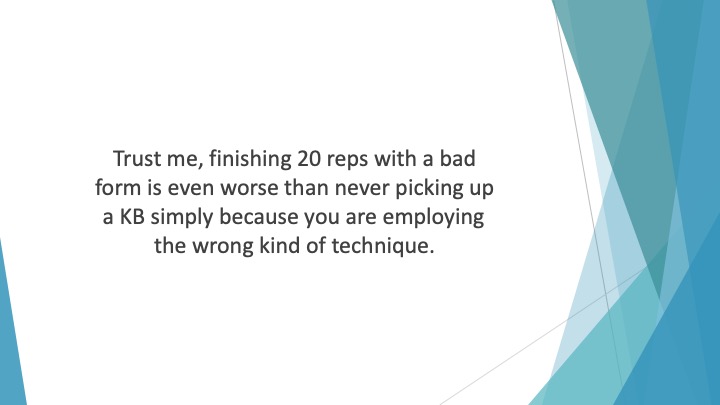


**S14 :** While it is often exciting to swing the KB with so much force after a very long day, there is a chance that this might do more harm than good to your form.

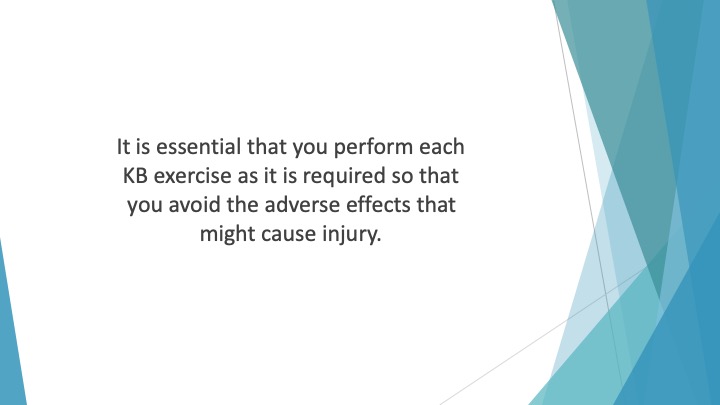


**S15 : Mistake 4: Focusing On Quantity**

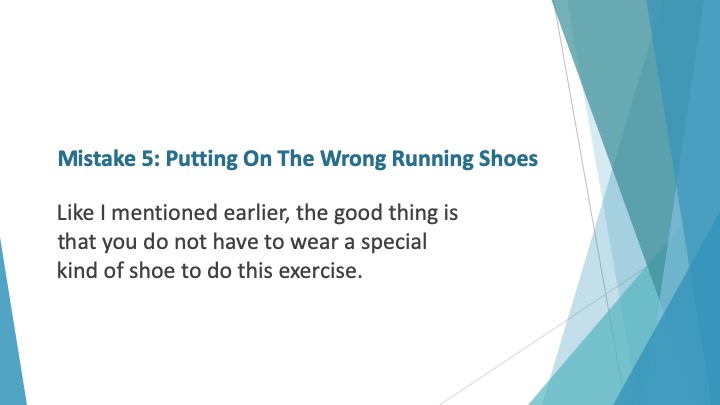
As a beginner, there is a high chance that you will be tempted to go overboard and push yourself too hard. If your trainer recommends that you start with ten reps, going higher than this cannot be a good idea.



**S16 :** Trust me, finishing 20 reps with a bad form is even worse than never picking up a KB simply because you are employing the wrong kind of technique.

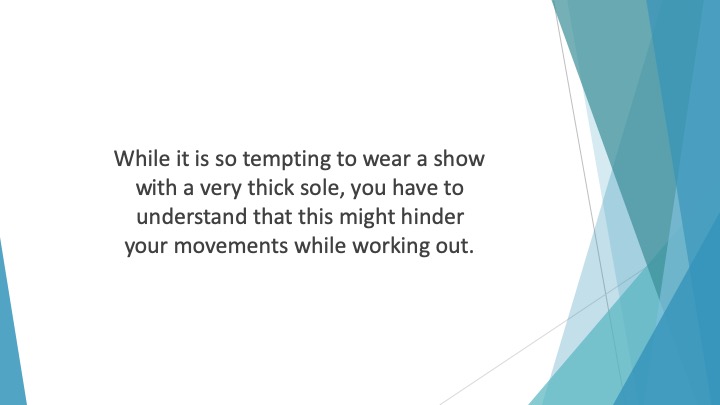


**S17 :**  It is essential that you perform each KB exercise as it is required so that you avoid the adverse effects that might cause injury. Adhere to guidelines before you can even attempt to perform any exercise at all.

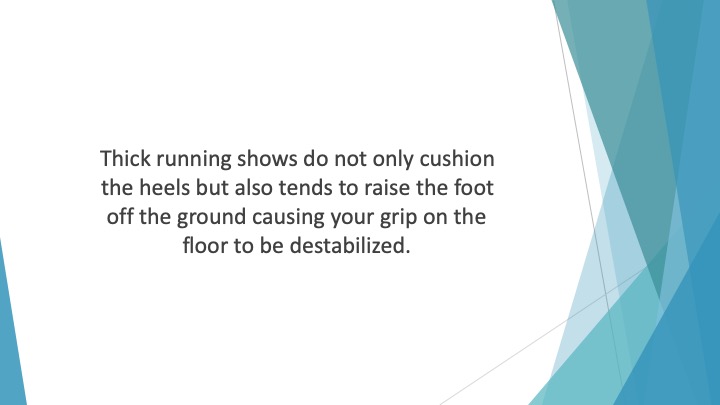


**S18 : Mistake 5: Putting On The Wrong Running Shoes**

Like I mentioned earlier, the good thing is that you do not have to wear a special kind of shoe to do this exercise. However, this does not mean that you can wear a show that places you at risk of injury.



**S19 :** While it is so tempting to wear a show with a very thick sole, you have to understand that this might hinder your movements while working out. When performing the KB exercises, it is advisable that you wear a show that allows you to naturally move your ankles, lower leg ligaments, and foot.



**S20 :** Thick running shows do not only cushion the heels but also tends to raise the foot off the ground causing your grip on the floor to be destabilized.