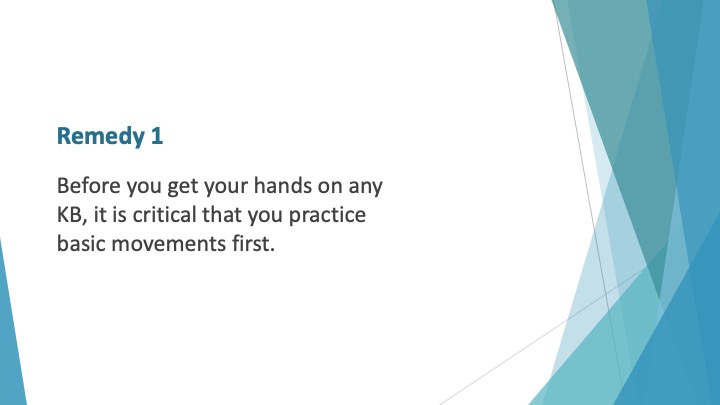
**Chapter 4: Remedies To Common Mistakes During Kettlebell Exercises**

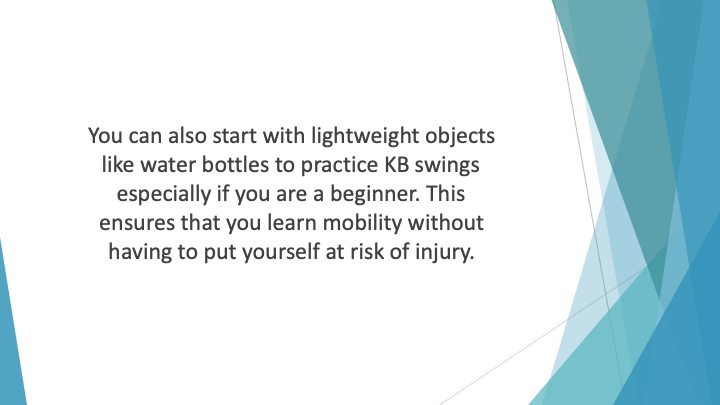
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**S1** : In this video, we’ll talk about “Remedies To Common Mistakes During Kettlebell Exercises”

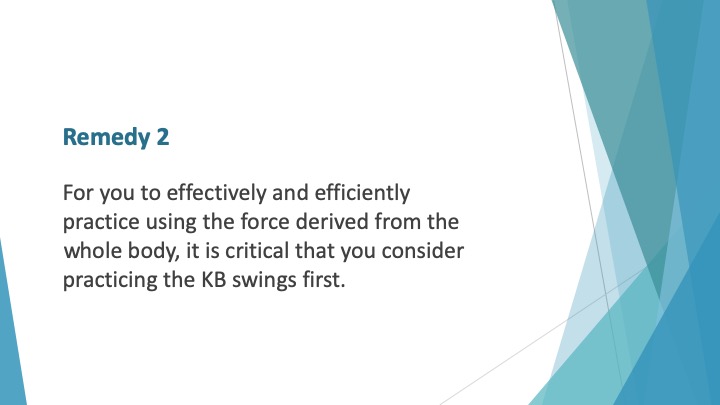


**S2 : Remedy 1**

Before you get your hands on any KB, it is critical that you practice basic movements first. The best way to do this is by starting with a few mobility exercises just to warm the joints up.

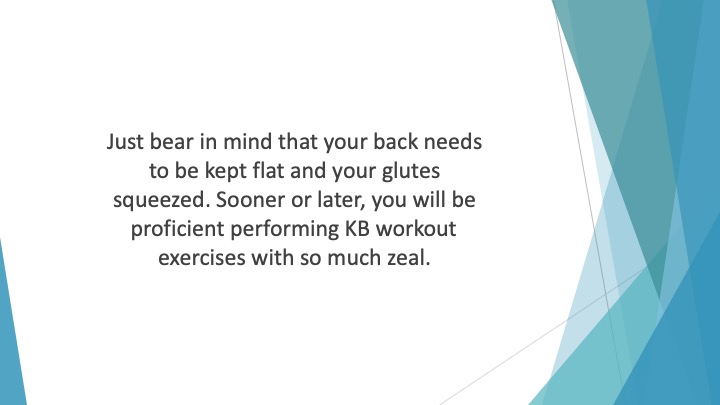


**S3** : You can also start with lightweight objects like water bottles to practice KB swings especially if you are a beginner. This ensures that you learn mobility without having to put yourself at risk of injury.

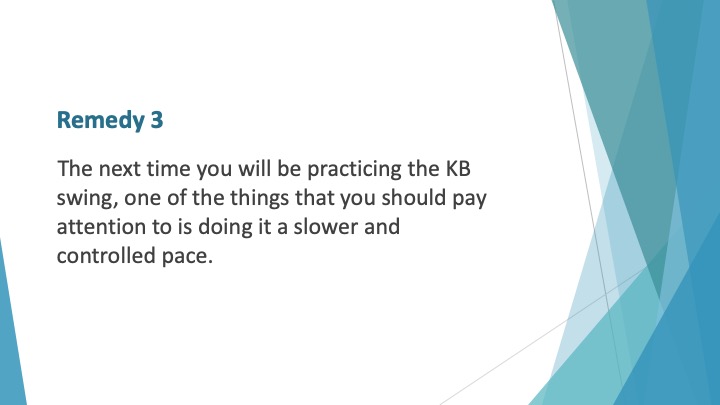


**S4 : Remedy 2**

For you to effectively and efficiently practice using the force derived from the whole body, it is critical that you consider practicing the KB swings first. This will go a long way in helping you experience power being transferred from the lower parts of your body to the upper parts

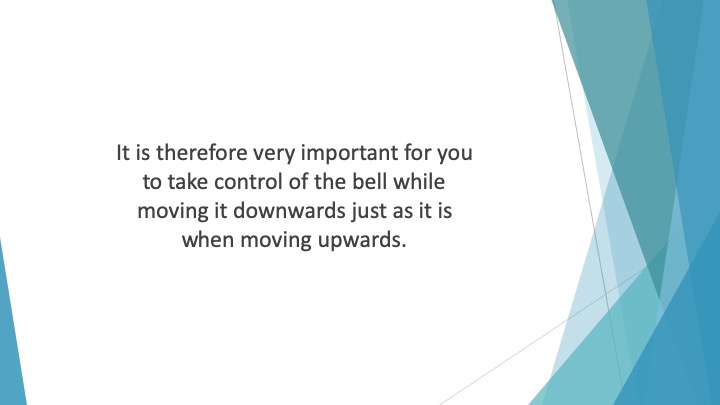


**S5 :** Just bear in mind that your back needs to be kept flat and your glutes squeezed. Sooner or later, you will be proficient performing KB workout exercises with so much zeal.

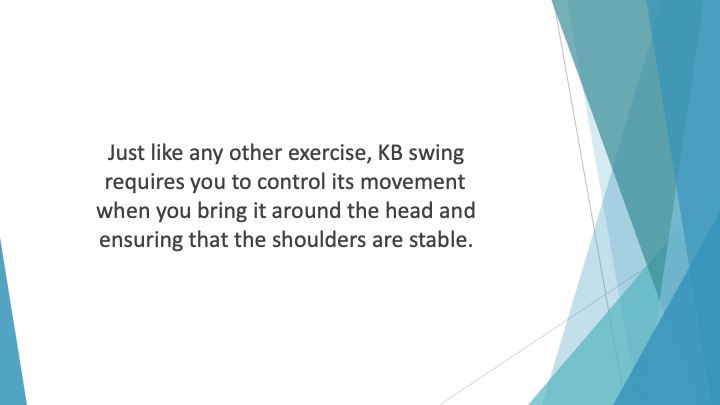


**S6 : Remedy 3**

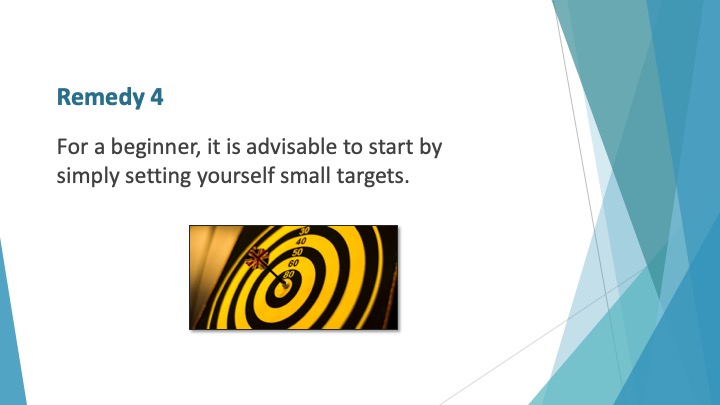
The next time you will be practicing the KB swing, one of the things that you should pay attention to is doing it a slower and controlled pace. This is very critical in stabilizing and strengthening the larger groups of muscles while lowering the risk of injuries.



**S7 :** It is therefore very important for you to take control of the bell while moving it downwards just as it is when moving upwards.

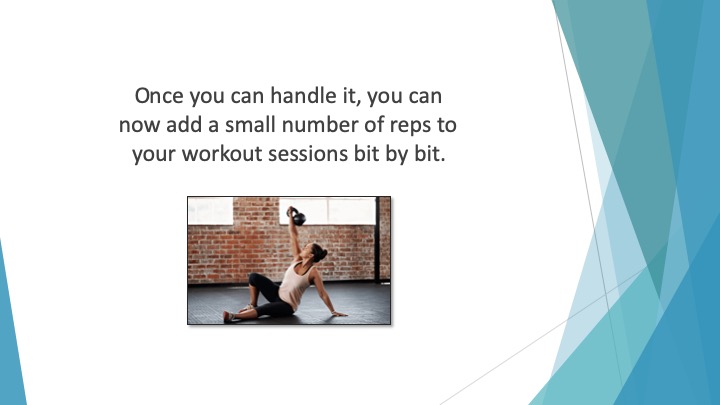


**S8 :** Just like any other exercise, KB swing requires you to control its movement when you bring it around the head and ensuring that the shoulders are stable.

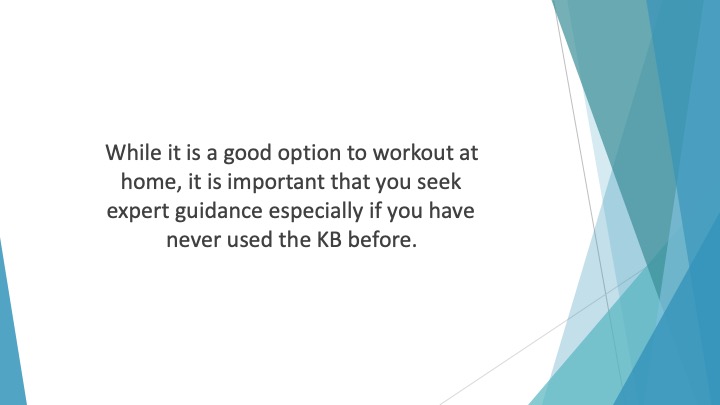


**S9 : Remedy 4**

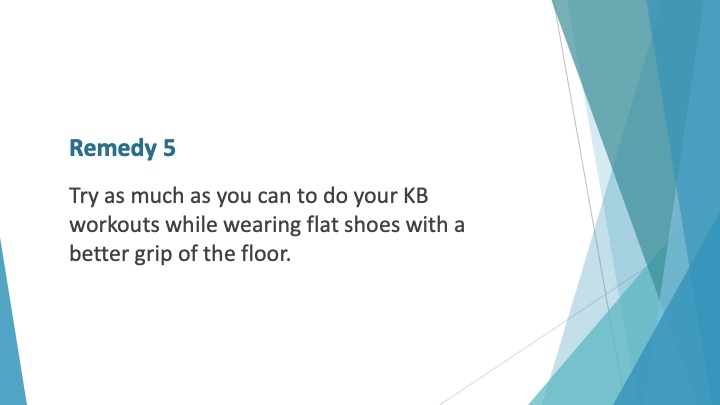
For a beginner, it is advisable to start by simply setting yourself small targets. Focus your attention on completing at least ten reps before you can move higher than this.



**S10 :** Once you can handle it, you can now add a small number of reps to your workout sessions bit by bit. It is better if you talk to your trainer about the problems you might be facing.

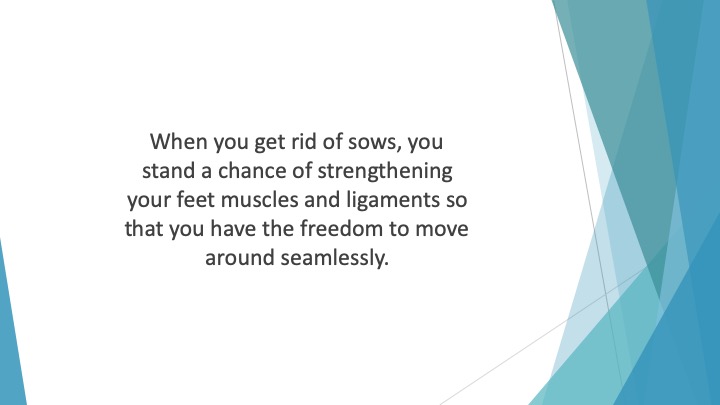


**S11 :** While it is a good option to workout at home, it is important that you seek expert guidance especially if you have never used the KB before.

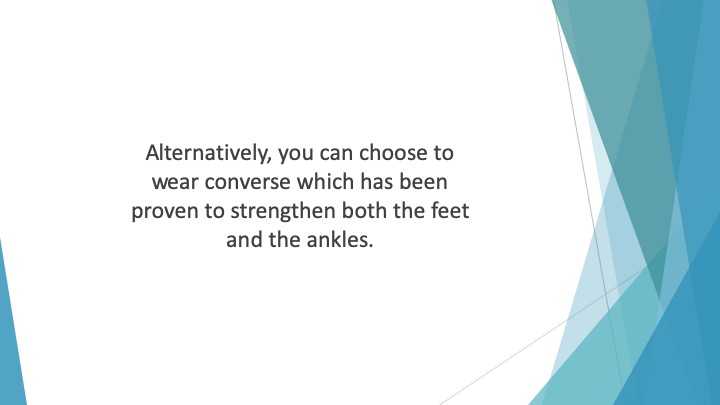
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**S12 :** **Remedy 5**

Try as much as you can to do your KB workouts while wearing flat shoes with a better grip of the floor. You could also choose to do the exercises bare feet.



**S13 :** When you get rid of sows, you stand a chance of strengthening your feet muscles and ligaments so that you have the freedom to move around seamlessly.



**S14 :** Alternatively, you can choose to wear converse which has been proven to strengthen both the feet and the ankles.