

DOWNLOAD THE NEW IMAGE FITNESS APP TODAY

To access all your workout videos wherever & whenever you want!



**Note:** Always face the filling valve away from body to avoid risk of collision with body in use.

### SINGLE EXERCISES



DO NOT DROP WEIGHTS DURING USE TO AVOID DAMAGE

EXERCISE DIFFICULTY ○○○



#### GOBLET SQUAT

○○○

**SET UP:** Hold one Bell at chest height, with both hands on the sides of the handle, feet shoulder-width apart. Stand upright, head facing forwards.

**EXERCISE:** Keep your back neutrally aligned, head facing straight ahead throughout. Press your hips back and bend your knees to start the squat. Keep the Bell close to your body and continue downwards until your elbows meet the inside of your knees. Finally, stand back up into the starting position.



#### TRICEP EXTENSION

○○○

**SET UP:** Hold one Bell behind your head, both hands on the lowest part of the handle, keeping your elbows at 90 degrees and tucked either side of your neck. Stand upright, eyes facing forward, with feet shoulder width apart.

**EXERCISE:** Keep your back neutrally aligned, head facing straight ahead throughout. Engage your triceps and steadily straighten your arms, lifting the Bell above your head, while keeping your elbows fixed in position. Slowly bend your arms to return to the starting position and repeat.



#### FIGURE OF 8

○○○

**SET UP:** Hold one Bell by the top of the handle. Place feet slightly wider than shoulder width apart and head facing forwards, position the Bell around knee height, slightly to one side of your body.

**EXERCISE:** Tilt your upper body forwards, hinging at the hips. Timing your movements, pass the Bell to the opposite hand between your legs, always keeping a distance of 5-10cm from the floor to the bottom of the Bell. Now swing the unit back around your body and back between your legs, passing it back to the starting hand in a figure of eight motion. Repeat, occasionally switching the direction as you choose. Knees should remain slightly bent and back straight throughout the exercise.



#### PISTOL SQUAT

○○○

**SET UP:** Hold one Bell in both hands with the handle at chest height. Maintaining your balance, raise one foot off the floor. Keep your head facing forwards and your back in a neutral position.

**EXERCISE:** Extend your raised foot forwards in front of you. Keeping your chest and head high and eyes forwards for balance. Hinging slightly at your hip, squat down on your standing leg, hold for a second, and return to the starting position. Keep your arms out in front throughout the movement, with elbows softly bent at the elbow to maintain the Bell's original position.



#### KETTLEBELL JUMP

○○○

**SET UP:** Hold one Bell at chest height, with both hands on the sides of the handle, feet shoulder-width apart. Stand upright, head facing forwards.

**EXERCISE:** Lower your body into a squat position as with the Goblet Squat. Explosively return to the starting position, jumping upwards slightly as your legs straighten. Keep your back as straight as possible throughout. On landing, bend knees to cushion the impact. Repeat.



#### SIDE BEND

○○○

**SET UP:** Stand upright, holding one Bell at your side by the top of the handle. Place your other hand on your chest or behind your head to aid balance if needed.

**EXERCISE:** Pivoting sideways at the hip, engage your obliques to lower the Bell towards the ground in a controlled manner, until the bottom of the Bell is level with your ankle. Repeat for the opposite side. Alternatively, take a Bell in each hand and alternate the movement.



#### FRONT RAISES

○○○

**SET UP:** Hold a Bell in front of you by the top of the handle with both hands, palms facing the floor. The Bell should be level with your knees. Keep your back straight and head forwards.

**EXERCISE:** Keeping your elbows slightly bent, raise the unit out in front of you until your hands are at shoulder height, engaging your shoulders throughout. Slowly return the starting position and repeat.

### SINGLE EXERCISES

### DOUBLE EXERCISES

EXERCISE DIFFICULTY ○○○



#### WINDMILL

○○○

**SET UP:** Stand with feet shoulder-width apart, feet angled slightly outward for balance. Hold a single Bell in one hand, and press the weight upwards so your arm is stretched above your head.

**EXERCISE:** Keeping your arm straight above your head, pivot slightly at the hip, keeping your legs straight as you reach to touch your ankle with your free hand. Return to the starting position, swap hands and repeat.



#### KETTLEBELL SWING

○○○

**SET UP:** Hold one Bell by the top of the handle in both hands. Stand upright, back straight and shoulders back, head facing forwards. Place feet slightly more than shoulder-width apart.

**EXERCISE:** This is a fluid motion. Shift your bodyweight to your heels and lower your hips backwards, hinging at the hips and bending your knees slightly, keeping your arms straight with a soft bend at the elbow, swing the Bell backwards between your legs, making sure to keep it off the floor. Then immediately reverse the motion, swinging the Bell forwards to around head-height, straightening your legs and hips as you do so. Allow the momentum of the weight to do the work but maintain control as you swing the Bell back and forth. Keep your back straight throughout. Repeat for the desired number of reps.



#### ALTERNATIVE ARM RAISES

○○○

**SET UP:** Hold a Bell in each hand, arms straight and by your sides so the Bells are at knee height. Keep your feet shoulder width apart, back straight and head facing forwards.

**EXERCISE:** Alternate raising the units to chin height, raising elbows outward to a 90-degree angle, bending the arm to accommodate movement. Repeat.





DOWNLOAD THE NEW IMAGE FITNESS APP TODAY  
To access all your workout videos wherever & whenever you want!

Download on the App Store | GET IT ON Google Play



**Note:** Always face the filling valve away from body to avoid risk of collision with body in use.

### DOUBLE EXERCISES ○ ○

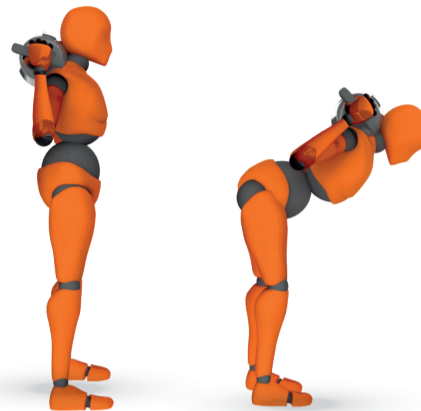
EXERCISE DIFFICULTY ○ ○ ○



#### DOUBLE ARM CLEAN AND JERK ○ ○ ○

**SET UP:** Place both Bells on the floor in reach in front of you. Begin in a squat position, knees bent, hips backward. Take hold of a Bell in each hand, palms facing down. Keep your back straight and head looking forwards.

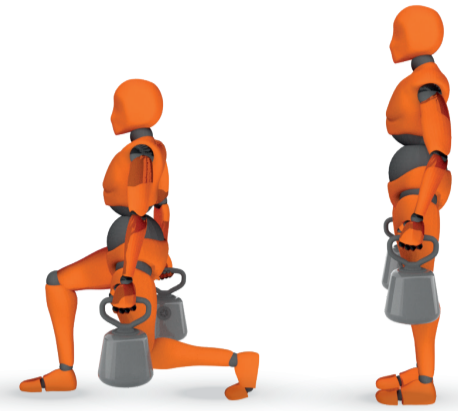
**EXERCISE:** In a single, continuous motion, extend your legs, lifting the Bells up and outwards to shoulder height as you stand, then press them above your head, pivoting them slightly so the Bells are positioned slightly behind your head and in contact with your forearms. Return to the start position and repeat.



#### GOOD MORNINGS ○ ○ ○

**SET UP:** Connect the two Bells together. Lift them over your head and rest on your shoulders behind your head, as centrally as you can.

**EXERCISE:** Engage your core and hinge forwards from your hips, keeping your shoulders back, and neck and back straight throughout. Bend your knees slightly as your body hinges forward to accommodate the movement. Continue to lean forwards until you feel a stretch in your hamstrings, making sure not to go beyond 90 degrees. Keeping your core engaged, return to the start position. Repeat.



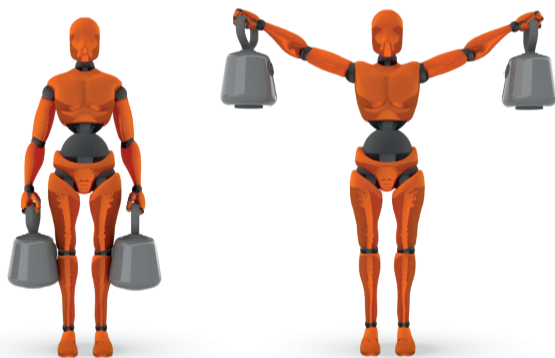
#### FRONT LUNGES – KETTLE BELL ○ ○ ○

**SET UP:** Hold a Bell in each hand, arms straight by your sides with the weights at about knee height. Keep your feet shoulder-width apart, back straight and head forwards.

**EXERCISE:** Take a large step forwards with one leg, bending your standing leg until your knee is almost touching the floor, simultaneously bending your front knee to 90 degrees. Keep your arms straight throughout, keeping the Bells off the floor. Return to the starting position in a controlled manner. Repeat with the opposite leg and then alternate for the desired number of reps.

### DOUBLE EXERCISES ○ ○

EXERCISE DIFFICULTY ○ ○ ○



#### SIDE RAISES ○ ○ ○

**SET UP:** Hold a Bell in each hand, arms by your sides so the weight is at knee height. Keep your back straight and head facing forwards.

**EXERCISE:** With straight arms, raise both Bells outwards, away from your body, in a controlled manner until your hands are level with your ears. Slowly return to the starting position and repeat.



#### FRONT ROTATIONS ○ ○ ○

**SET UP:** Connect the two Bells together. Stand upright with feet shoulder-width apart, back straight and head forwards. Hold a handle in each hand with the weights held horizontally in front of you at chest height. Bend your elbows slightly to assist with the movement.

**EXERCISE:** As if holding a steering wheel at 9 and 3, twist the Bells clockwise until your hands are at 12 and 6. Hold for a second and return to the starting position. Again, hold for a second and then turn the Bells anti-clockwise to 12 and 6 again. Hold for a second and return to the starting position. This is one rep. Repeat for the desired number of reps.



#### FRONT LUNGE – BARBELL ○ ○ ○

**SET UP:** Connect the two Bells together. Lift them over your head and rest on your shoulders behind your head, as centrally as you can.

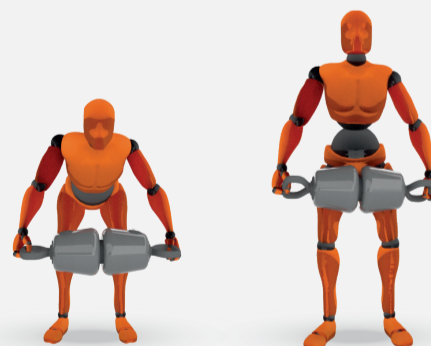
**EXERCISE:** Take a large step forwards with one leg, bending your standing leg until your knee is almost touching the floor, simultaneously bending your front knee to 90 degrees. Keep hold of the Bells and keep your head facing forwards to maintain your balance. Return to the starting position in a controlled manner. Repeat with the opposite leg and then alternate for the desired number of reps.



#### SHOULDER PRESS ○ ○ ○

**SET UP:** Connect the two Bells together. Stand upright with feet shoulder-width apart, back straight and head forwards. Bend at the knee, hold a handle in each hand and lift the weights to chest-height, resting them across the top of your chest. Bend at your elbows to assist with the movement.

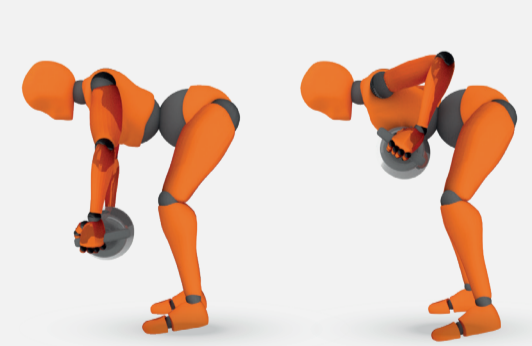
**EXERCISE:** Keep your back straight and head tilted slightly upwards to allow the weights to pass in front of your face. Elbows tucked, shoulder and chest muscles engaged, extend the Bells straight upwards. Slowly return to the starting position. Repeat for desired number of reps.



#### DEADLIFTS ○ ○ ○

**SET UP:** Connect the two Bells together and place them on the floor in front of you. Bend at the knees to around 45 degrees, pushing your hips backwards while keeping your back straight and head forwards. Grab the handles with palms facing inwards.

**EXERCISE:** Keep your back straight and head in a neutral, forward-facing position. Engage your core and extend your knees, bringing hips forwards until your back and knees are completely straight. Keep your arms straight throughout the upward motion so the unit remains horizontal, ending up around hip height. Return to the starting position slowly and repeat for the desired number of reps.



#### BENT OVER ROW ○ ○ ○

**SET UP:** Connect the two Bells together and place them on the floor in front of you. Bend at the knees to around 45 degrees, pushing your hips backwards while keeping your back straight and head forwards. Grab the handles with palms facing inwards.

**EXERCISE:** Lift the Bells off the floor slightly and find your balance. This is your starting position. Keep your back straight, shoulders back and head forwards. Raise the Bells towards the centre of your chest in a rowing motion, maintaining your posture, and hold briefly. Slowly return to the starting position. Repeat for the desired number of reps.

Go to [newimagefitness.co.uk](http://newimagefitness.co.uk) or call 0344 8000 837 to purchase additional fitness accessories to enhance your workout.

To help you get started visit:

[newimagefitness.co.uk](http://newimagefitness.co.uk)

Join the conversation

