5.7 KETTLEBELL FRONT SQUAT

Starting Position

- Stand straddling a kettlebell with the feet flat and hip- to shoulder- width apart and the toes pointed straight ahead.
- Squat down with the hips lower than the shoulders and the elbows fully extended (not seen in the photos); grasp the kettlebell on both sides of the handle with a closed, neutral grip.
- Return to a standing position with the kettlebell held near the chest, the back in a neutral spine position, the shoulders retracted and depressed, the heels in contact with the floor, and the eyes focused ahead.
- All repetitions begin from this position.

Downward Movement

- Begin the downward movement by flexing the hips and knees slowly and under control.