The posterior chain muscles get the kettlebell moving, and the upper body muscles keep the kettlebell under control.

**KETTLEBELL SWING**

These exercises are as much shoulder movements (recruiting different parts of the deltoid throughout the front raise), as they are lower limb posterior chain exercises when the legs are used. We classify them as being derived from deadlifts because the lumbar/buttock/hamstring work is very pronounced. In addition, the weight is much farther away from the body, which makes this exercise very different from other kettlebell weightlifting exercises.

When a swing goes to the top of the head, it is called a Russian kettlebell swing. Bringing the kettlebell above the head is called an American kettlebell swing.

Focus on hip extension.