

## WHAT TO AVOID WHEN TRAINING WITH KETTLEBELLS

When you see a kettlebell, you may dismiss it as an antiquated and outdated piece of equipment. After all, it's essentially a cannonball with a handle. Its origins have been traced back to the 1700's where a Russian strongmen developed exercise training techniques with it.

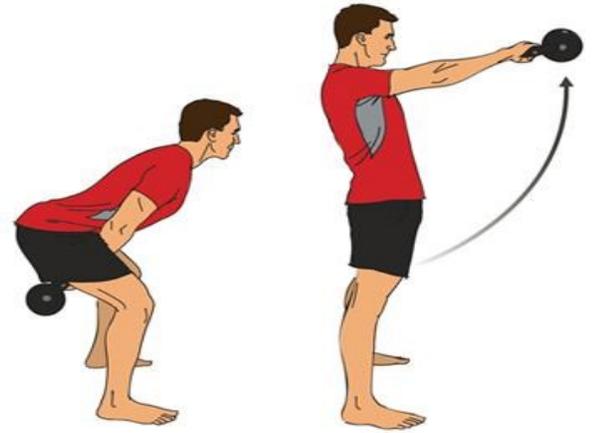
Kettlebells are great for saving time since they not only improve muscular strength and endurance but also your cardiorespiratory fitness. Kettlebell training involves a lot of neuromuscular activity utilizing the whole body and not just one muscle group. You can also use kettlebells as a functional training activity. Since a kettlebell's center of gravity lays 6-8 inches outside of your grip, you're constantly contending with a changing center of gravity. Although kettlebells are a smart and efficient way to workout, they can be tricky to use with proper form. Here are some common training errors seen while doing a simple kettlebell swing.

### Failing to Use Explosive Hip Drive

It's common to see individuals use their arms and shoulders more than needed when executing a kettlebell swing. In reality the projection of the kettlebell forward is led by the driving force of the hips.

### Moving too Slow

A huge mistake many people make is moving too slowly through the exercise which can make it more difficult.



Kettlebell movements are meant to be done with force.

### Not Finishing with the Glutes

As mentioned earlier, an explosive hip drive is necessary to execute kettlebell swings. At the top part of the swing when the kettlebell is around shoulder level, contraction of the glutes is necessary to finish the swing.

### Not Hinging Properly

A proper hip hinge is a key movement pattern used in many exercises including kettlebell swings. It's common for individuals to perform a squat instead of hinging or bending at the hips. The sooner this is mastered, the more safely and effectively we can perform kettlebell swings.

Kettlebell exercises provide a nice variation in strength and conditioning. If you'd like more guidance and instruction on kettlebell training, stop by the front desk and schedule a

## CALLING ALL RUNNERS

Runner's Rehabilitation Seminar  
Presented by: Kevin Kelley, PT, DPT  
Location: GE Fitness Center  
Date: August 8th  
Time: 12:10p-1p



Free exercise band for the first 10 people to register!  
To register: Email Kelsi at [Kelsi\\_Kirk@trihealth.com](mailto:Kelsi_Kirk@trihealth.com)

### SEMINAR TOPICS

- Optimizing strength and posture for more efficient running and day to day activities
- Understanding the extrinsic and intrinsic factors that affect the runner's rehab, injury prevention and detection, and performance planning with a running athlete
- Integrate relevant research and clinical expertise to select the right running shoe

# TAKE THE PLUNGE INTO THE WONDERFUL WORLD OF AQUATICS

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Our 25 yard lap pool is 3'6" deep with a temperature of 83°-84°. It's open during regular fitness center hours and has a lifeguard on duty at all times. Take advantage of all the aquatic programs and services we have to offer.

## Aquatic Consults

Whether you're new to water exercise or a regular pool user, an aquatic consult can help you reach your goals. Consults are free and include personalized exercise programming as well as orientation to aquatic exercise equipment.

## Swim Lessons

If you do not know how to swim or are looking to refine your stroke, we offer private swim lessons for \$25 for a 30 minute session. Each follow up 30 minute session is \$5.

## Aquatic Fitness Classes

We offer 4 aquatic fitness classes per week.

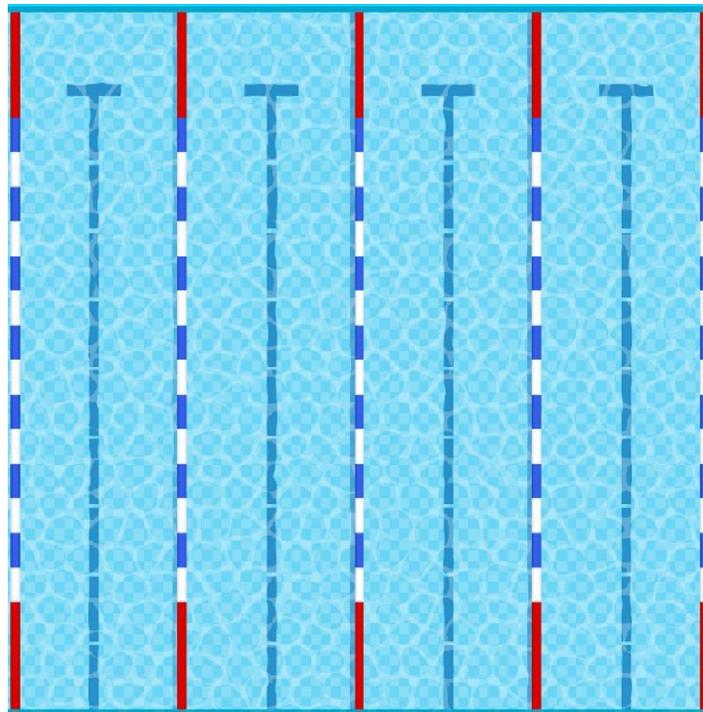
- Mondays, 8:45a and 10a
- Wednesdays and Fridays, 9:30a.

Like all fitness classes, they're offered at no additional cost and are included with your membership.

## Freestyle Stroke Clinics this Month

Stroke clinics will occur August 20th-September 1st. Signups will begin Wednesday, August 8th at the front desk.

For inquiries or questions, contact Aquatics and Group Fitness Supervisor Erica Millender-Stevens at 243-9404 or [Erica.millender-stevens@ge.com](mailto:Erica.millender-stevens@ge.com).



## MEET OUR NEW GEFC TEAM MEMBERS

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**Doug Meece** is the new Fitness Center Supervisor. Doug has 30+ years of fitness center management and leadership experience.

Doug has been with TriHealth managing several fitness centers for Proctor and Gamble where he has led many key initiatives from designing and opening fitness centers to most recently integrating Physical Therapist services into multiple P&G locations.

Fun Fact: Doug worked for the YMCA when GE originally contracted with them to create the GE Fitness Center.



**Jessica Rupright** is our new Fitness Specialist joining the GEFC team. Jessica comes to us from the YWCA downtown where she has been with TriHealth since August 2017.

Jessica has a Master's degree in Health Promotion and Bachelor's degree in Kinesiology. She also teaches group fitness classes.

Fun fact: Jessica was Miss Indiana basketball and played at Miami University.

