

# Kettlebell: Dynamic Warm-Up Exercises

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



**Directions:** For optimal joint mobility and functional movement, perform all the mobility exercises following my whole body **Dynamic Warm-Up**. Do a few reps of each then move to the next exercise starting with upper body and finishing with lower body. Remember, you'll only be as good as your joint function...so *move and Kettlebell WELL Comrades!*

<input type="checkbox"/> <b>RJ Dynamic Warm-Up!</b>	<input type="checkbox"/> <b>Shoulders Back &amp; Down</b>
<input type="checkbox"/> <b>Alligator</b>	<input type="checkbox"/> <b>Shoulder Tap</b>
<input type="checkbox"/> <b>Alternate Arm Raise</b>	<input type="checkbox"/> <b>Standing 'Y'</b>
<input type="checkbox"/> <b>Arm Press</b>	<input type="checkbox"/> <b>Standing 'T'</b>
<input type="checkbox"/> <b>Cymbal Crash</b>	<input type="checkbox"/> <b>Standing 'W'</b>
<input type="checkbox"/> <b>Fast Pitch</b>	<input type="checkbox"/> <b>Swim Stroke</b>
<input type="checkbox"/> <b>Hand Slaps</b>	<input type="checkbox"/> <b>Twist/Turn</b>
<input type="checkbox"/> <b>Head-Thrust</b>	<input type="checkbox"/> <b>Wrist-Paint</b>
<input type="checkbox"/> <b>Head-Turn</b>	<input type="checkbox"/> <b>Wrist-Roll</b>
<input type="checkbox"/> <b>Head-Tilt</b>	<input type="checkbox"/> <b>Wrist-Swim</b>
<input type="checkbox"/> <b>Head-1/2 Roll</b>	<input type="checkbox"/> <b>Ankle Point</b>
<input type="checkbox"/> <b>Head-Lower &amp; Lift</b>	<input type="checkbox"/> <b>Ankle Roll</b>
<input type="checkbox"/> <b>High Reach &amp; Roll</b>	<input type="checkbox"/> <b>Pump Stretch</b>
<input type="checkbox"/> <b>Jacks Without Jumps!</b>	<input type="checkbox"/> <b>Z Sit</b>
<input type="checkbox"/> <b>Lateral Reach</b>	<input type="checkbox"/> <b>Halo (+KB)</b>
<input type="checkbox"/> <b>Leg Swing</b>	<input type="checkbox"/> <b>JoneZen ☺</b>
<input type="checkbox"/> <b>Scare Crow</b>	<input type="checkbox"/> <b>Glute Clench Drill</b>

\* Ron Jones (10.7.08)

➤ [More KB Info @ www.ronjones.org/Coach&Train/BodyXerciseLibrary/Kettlebells/index.htm](http://www.ronjones.org/Coach&Train/BodyXerciseLibrary/Kettlebells/index.htm)

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