

Kettlebell Lockout Drills

(Ron Jones, MS, ACSM Health Fitness Specialist, Corporate Wellcoach)



“One must achieve the ability to concentrate his mind on the muscles and take them under complete control.” --Eugene Sandow

The following drills can help you learn the “HARD” lockout which is so important for kettlebell safety and performance. I routinely use these for my KB 101 workshops. Lockout drills help your body and central nervous system learn how much force is required, where to apply the force, and when to apply the force to get the hardest lockout possible.

- 2-Arm Deadlift**
- Body Scan**
- Box Squat**
- Crush Grip**
- Face Down Bridge-RKC Style**
- Face-Up Fist Crush Bridge-RKC Style**
- Glute Clench**
- Partner 1-Arm Ground Pull**
- Partner Side Strike**
- Partner Wheelbarrow Leg Drop**
- Scapular Pull Ups-RKC Style**
- Toe Lift**
- Curb Drill**
- Towel Swings**

Other Lockout Tips:

- Feet: Bare feet or HARD soles only.
- Breathing: “breathe under the shield”
- Hands: Bare hands or thin gloves.

* Ron Jones (7.18.09)