

Kettlebell Instruction: The Military Press

The KETTLEBELL MILITARY PRESS is an excellent full body exercise and a classic test of strength. Strong, flexible shoulders and solid torsos are built with this movement.

The KETTLEBELL MILITARY PRESS Checklist:

1. Pause motionless with the kettlebells racked long enough to make sure you will not be using the momentum generated by the clean for the press.
2. Keep your wrist straight or neutral so there is no strain on the forearm.
3. Press with your knees locked and with a minimal back bend.
4. Press with your whole body, especially your midsection, tight.
5. Imagine pressing yourself into the ground; away from the kettlebell.
6. Press the kettlebell out in an arc.
7. Keep your shoulders down.
8. Lock out your elbows completely and pause motionless.

