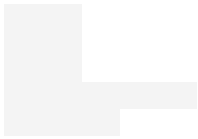
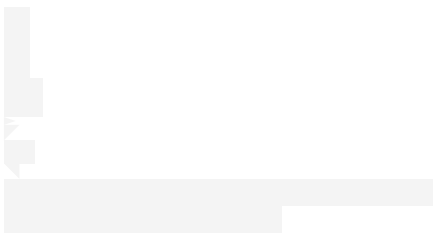




Awesome to see people teaching people after attending one of our...



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A post shared by Kettlebell Kings (@kettlebellkings) on Jun 24, 2019 at 6:20am PDT

Awesome to see people teaching people after attending one of our certs with @kettlebellexercises . Here is a nice, simple queue that is part of teaching the hinge in keeping core tight and lats packed. Thanks for your share @braverynessa !

“Sunday’s Movement:

Progression to Kettlebell Swings Here my client is working on his hinge and proper alignment in his spine. As he holds the kettlebell close to the center of his chest, engages his lats, and keeps his core braced. It will force him to keep proper alignment throughout the exercise. You will feel this in your Butt and Hamstrings! Try this exercise out and tag me! “ #keepaustinfitt #fitaustin #atx

#atxfitness #atxfit #austinit #austinfitness #atxfitam #coach #personaltrainer #liftlocal #fitspo
#fitnessmotivation #fitinspiration #kettlebellkings #kettlebellswings

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