

## Kettlebell Training for Toddlers

### Description

Hey there, fellow Toddler cohorts! Walking yet?



No worries if youâ€™re not there yet, it took me longer than expected too. At least Mommy and Daddy seem to think so. Whatevs. Remember how I revealed my resolution for 2015 was to [master the kettlebell](#)? Iâ€™ve been practicing and even have my very own now.



I like it much better than Daddy's since I can actually lift this one, plus it's more colorful with a pretty blue handle and red base. See?



Now that I have my own, I figured I'd share a couple quick kettlebell moves you can use to start exercising with your Mommy and Daddy. Or, maybe you can help them kick any bad habits and teach them a thing or two about training. Like drinking, have them knock it out or threaten to do it for them. Like this!



There, problem solved. Let them know they can buy a new kettlebell with the money they save from not drinking, or at least skipping the next purchase. Toddler Tip: Parents seem to *really* like their drinks, so only use this approach as a last resort. Back to the training; use the grooves on the handle to align your fingers for a good, firm grip like so.



Then stand up making sure you keep good form throughout.



Now, from a standing position...ahhh, blasted teething, must chew something quick! Hummmmmm, nom, nom.





Holy diaper rash, the pain just comes out of nowhere! Anyway, holding your kettlebell by the handle, begin a swinging motion byâ€Gahhhh, not again!! Lets take a quick break.



Okay, had to leave the gym/our garage and go inside to let the pain subside. The benefit to kettlebell training is that you can do it inside or out, making it perfect when the weather is like my morning diaperâ€.crappy. Câ€™mon, you other tots know what lâ€™m talking about. Eh?



Picking up where we left off, hold your kettlebell and ahh, aaHHHHâ€¦.seriously?! How many teeth are in there? This is worse thanâ€¦..well, I donâ€™t have much to compare to yet, but it hurts! For those of you going through the same thing, forget swinging, just do this with your kettlebell.



No hands! Yeah, Iâ€™ve been practicing for a while now, so donâ€™t feel bad if you arenâ€™t advanced enough for the kettlebell mouth swing. Well, my training is not going as planned today, so just try closing your eyes, grabbing your kettlebell, and running/swinging blindly.



Hey, it gets the heart going and just feels good sometimes.

\*Next Day\*

Hi again! it was a long night full of what Mommy and Daddy call ducking teething. I have no clue what ducking has to do with it, but my mouth sure does hurt.



Before it happens again, let me just show you the basic kettlebell swing. Yesterday, after my ducking teething, Daddy showed me how to do it right.



I took plenty of notes, and can give you the key things to remember for a proper swing. Standing with you feet at least shoulder-width apart, hold your kettlebell with both hands and swing it between your legs back up to eye level. Thatâ€™s one rep/swing.





Some versions have you bringing it over your head, thatâ€™s the American style, but we tend to do the Russian swing in our house. That might change after I just knocked that vodka bottle over though! Oops.

One last thing, when youâ€™re training at high intensities with the kettlebell, youâ€™re going to have an increased appetite. Make sure you feed your body quality nutrients to help it grow strong and fuel your workouts to allow you to perform. Along with plenty of fresh veggies, Daddy always has a delicious [NuttZo](#) creation to feed me and I can already tell Iâ€™m ready for a heavier kettlebell!



Oh, and one more last thing, for real this time; you can save 15% off your total NuttZo order by using code **liley15** at checkout on their [website](#). Since us toddlers donâ€™t have a credit card, make sure to put on your best cheese-face and get your parents to order now!





**Date Created**  
2015/02/06

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