

## A Baby's New Year's Resolution: Master the Kettlebell

### Description

This was originally posted on New Year's Day last year, the beginning of 2015, but wanted to repost to show how much smaller our little girl was. She's obviously [a master at working out](#) now, and only [getting stronger](#)! Enjoy the post and Happy 2016 now!

Hi babies, Avery here, and I'm here to tell you Happy New Year!! Oh, and to reveal one of my biggest resolutions for 2015. Can you guess what it is?



I'm staring at it right now.



Yep, this here is what you call a kettlebell. Simply put, it's a cast-iron ball with one big handle on top. Kettlebells vary in weight from a wimpy 2 pounds to well over 100lbs!



This one is only 45 pounds, and I figure since I saw daddy pick it up and carry it around so easily, I'd like to do the same. So, this New Year, I'm making one of my resolutions to master the kettlebell! Starting today, I'm beginning my journey to increasing strength and endurance with kettlebell training!



\*Uuugghhh\* Okay, just need to get a better grip firstâ€¦!



Yak! My foot slipped! Oh yeah, and my grip is all wrong, I need to hold it from the other side. Here we goâ€¦!



Fine, Iâ€™m letting my ego get the best of me. Just because daddy walks around with the weight in one hand doesnâ€™t mean I have toâ€¦yet. For now, Iâ€™ll stick with using both hands. Let me just regain my footing here.



Annnnnnnnn go! \*Grrrrrr\*



Holy diaper explosions, is this thing bolted to the rug?! What is wrong with you, hands?!



I think I need to focus more on my leg power and thrusting in the hips.



Whoa, talk about diaper explosions! I think I had a New Year's firework just go off!



Nope, I passed the smell test, so I'm good for another go at this kettlebell...no, *dumbbell*. Ha ha ha! Oh yeah, they have those too, crap, I'm already turning corny like daddy! I better work on my strength just to stand up to bullies picking on my corniness. Thanks, dad! NOT!



Ah ha, I moved it! Take that, heavy ball with a handle!



Guess that answers my questionâ€¦!..itâ€™s *not* bolted to the rug. Phew, that was an exhausting workout, but I think itâ€™s safe to say progress has been made. Avery â€œ 1 : Kettlebell â€œ 0



And that, my baby peers, is how to start the New Year off right; by attacking your resolutions in full force right off the bat! Donâ€™t put it off, youâ€™ll only find more and more excuses as the days pass. Plus, if you never conquer your goals, mommy and daddy will continue doing things like this to youâ€™!



Not my proudest moment, obviously. Anyway, Iâ€™m off to work on my other resolution; getting these darn colorful balls in the right colored hole! They arenâ€™t heavy like a kettlebell, but for some reason they keep throwing me off with their 3 different colors.



Go on now, go enjoy 2015, I'm sure you'll see me again soon!

# Happy 2015!!

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