

# The Kettlebell One Arm Clean: A Comprehensive Guide with Illustrations

The kettlebell one arm clean is a powerful and dynamic exercise that can help you build strength, power, and mobility. It is a full-body exercise that works your legs, hips, back, shoulders, and arms. The one arm clean is also a great way to improve your coordination and balance.

## How to Perform the Kettlebell One Arm Clean

1. Start with the kettlebell on the floor in front of you.
2. Stand with your feet shoulder-width apart and your toes turned out slightly.
3. Bend over and grab the kettlebell with one hand, keeping your back straight.
4. Swing the kettlebell back between your legs.
5. Explosively extend your hips and knees to swing the kettlebell up to your shoulder.
6. Keep your elbow close to your body and your forearm parallel to the floor.
7. Once the kettlebell reaches your shoulder, rotate your wrist and turn the kettlebell so that it is resting on your forearm.
8. Stand up straight and hold the kettlebell at your shoulder.

## Benefits of the Kettlebell One Arm Clean

The kettlebell one arm clean is a great exercise for building strength, power, and mobility. It also has a number of other benefits, including:

- Improved coordination and balance
- Increased core strength
- Enhanced shoulder stability
- Reduced risk of injury

## Variations of the Kettlebell One Arm Clean

There are a number of variations of the kettlebell one arm clean, including:



### **The Kettlebell One Arm Clean Illustrated** by Trifon Marchovski

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- **Double kettlebell one arm clean:** This variation involves using two kettlebells instead of one.
- **Single-arm dumbbell clean:** This variation involves using a dumbbell instead of a kettlebell.
- **Power clean:** This variation involves swinging the kettlebell up to your shoulders with more force and speed.

- **Hang clean:** This variation involves starting with the kettlebell at your waist instead of on the floor.

## **Tips for Performing the Kettlebell One Arm Clean**

Here are a few tips for performing the kettlebell one arm clean with perfect form:

- Keep your back straight throughout the exercise.
- Swing the kettlebell back between your legs with force.
- Explosively extend your hips and knees to swing the kettlebell up to your shoulder.
- Keep your elbow close to your body and your forearm parallel to the floor.
- Rotate your wrist and turn the kettlebell so that it is resting on your forearm.
- Stand up straight and hold the kettlebell at your shoulder.

The kettlebell one arm clean is a powerful and dynamic exercise that can help you build strength, power, and mobility. It is a full-body exercise that works your legs, hips, back, shoulders, and arms. The one arm clean is also a great way to improve your coordination and balance.

If you are new to kettlebell exercises, it is important to start with a light weight and gradually increase the weight as you get stronger. It is also important to learn the proper form for the one arm clean to avoid injury.

With regular practice, the kettlebell one arm clean can help you achieve your fitness goals and improve your overall health.



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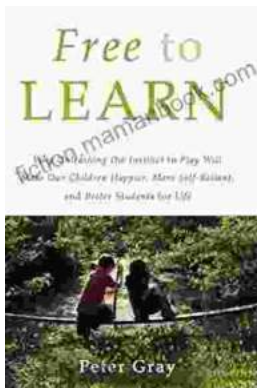
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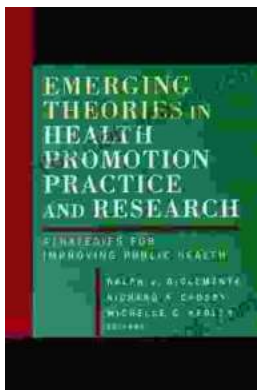
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