

XII) Kettlebell Carry

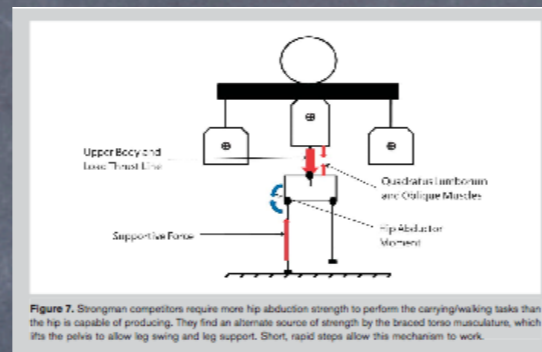
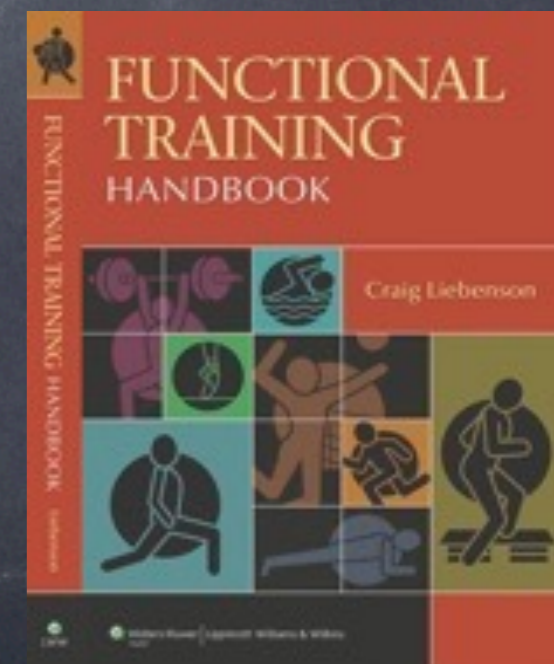
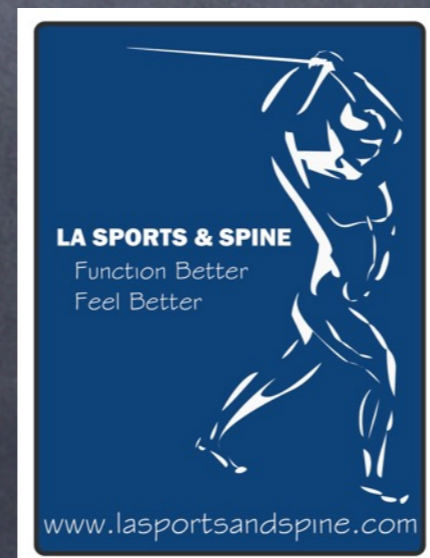
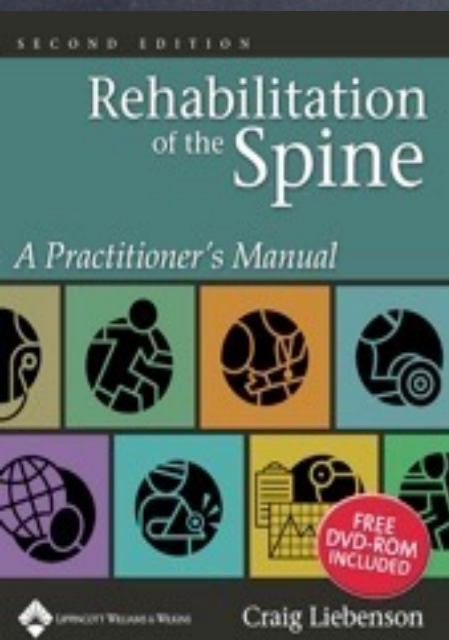


Figure 7. Strongman competitors require more hip abduction strength to perform the carrying/walking tasks than the hip is capable of producing. They find an alternate source of strength by the braced torso musculature, which lifts the pelvis to allow leg swing and leg support. Short, rapid steps allow this mechanism to work.





Kettlebell Carry

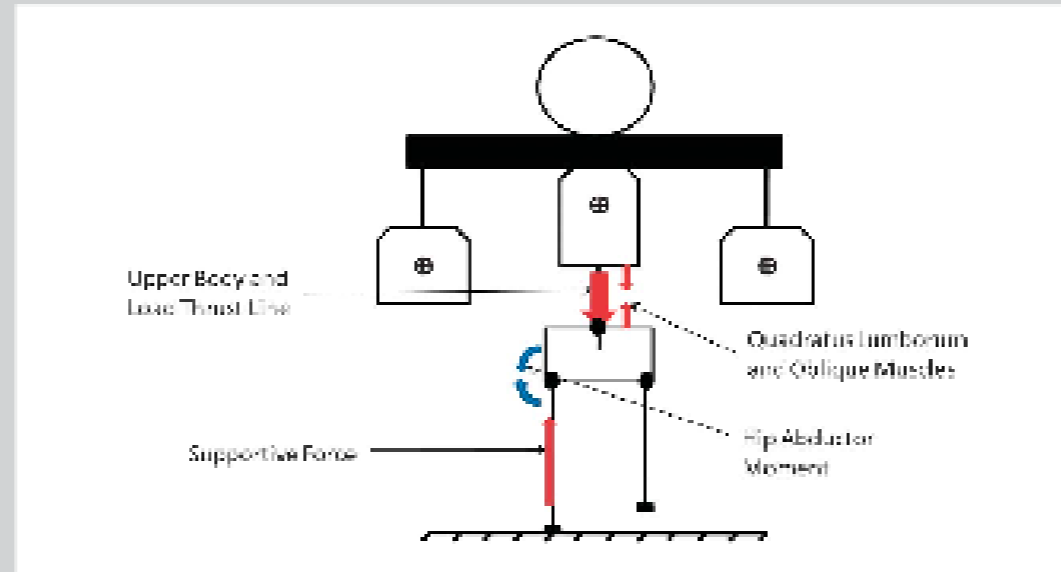
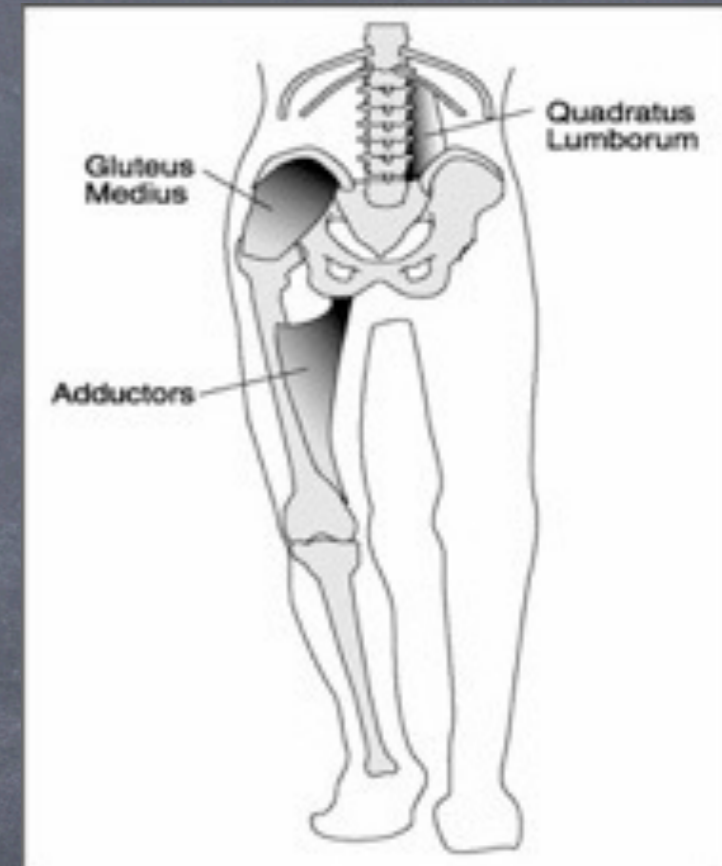


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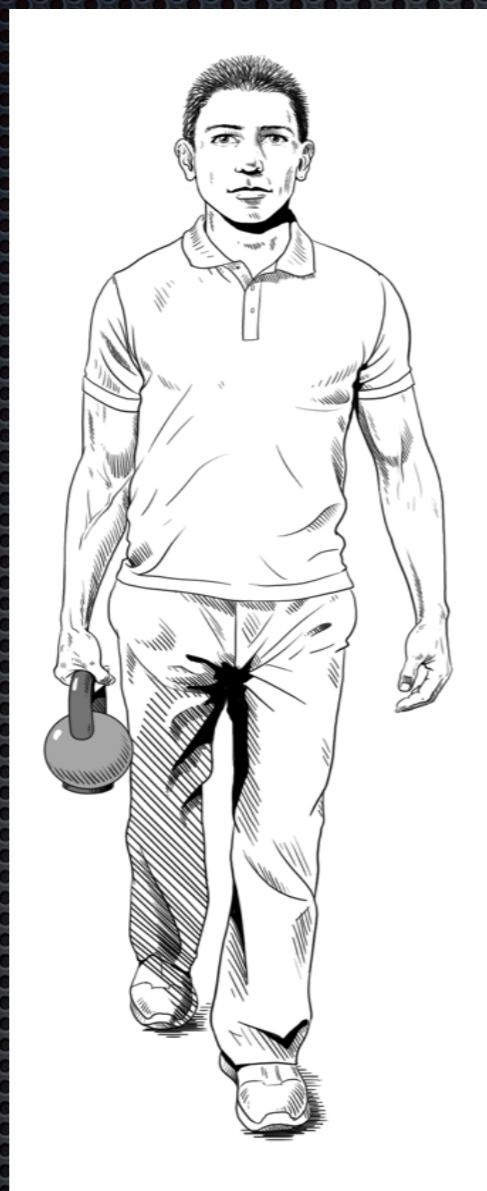


Kettlebell Grip Training

Farmer
Walk



Suitcase
Carry



Bottoms Up
Rack



Waiters
Carry



Asymmetrical KB Carry

