


10 Kettlebell Core Exercises for Midsection Strength & Fat Loss


1. Kettlebell Russian Twists

- **How:** Sit on the floor, lean back slightly, feet lifted or grounded. Hold kettlebell and twist side to side.
- **Why:** Targets obliques and rotational strength.

 **Tip:** Keep spine tall, avoid rounding the back.

2. Kettlebell Dead Bug

- **How:** Lie on back, hold kettlebell over chest. Extend opposite arm and leg while keeping the core engaged.
- **Why:** Builds deep core stability and control.

 **Tip:** Keep the lower back gently pressed into the mat.

3. Kettlebell Windmill

- **How:** Press kettlebell overhead, feet angled out. Slide opposite hand down leg while keeping gaze on kettlebell.
- **Why:** Strengthens obliques, hips, shoulders, and stabilizers.

 **Tip:** Move slowly and keep core braced throughout.


4. Kettlebell Plank Pull-Through

- **How:** In a high plank position, drag the kettlebell from side to side under your torso.
- **Why:** Activates core, shoulders, and glutes while resisting rotation.

 **Tip:** Keep hips level and still—no rocking.


5. Kettlebell Halo

- **How:** Hold kettlebell by the horns and rotate it around your head in a circular motion.
- **Why:** Engages abs, shoulders, and postural muscles.

 **Tip:** Move slowly, keep core engaged to prevent sway.


6. Kettlebell Suitcase Carries

- **How:** Hold a kettlebell in one hand and walk 30-60 seconds.
- **Why:** Great for anti-lateral flexion and real-life strength (like carrying a grocery bag).

 **Tip:** Stay upright, no leaning—core should stabilize the load.


7. Kettlebell Sit-to-Press

- **How:** Sit up with kettlebell at chest, press overhead at the top of each sit-up.
- **Why:** Combines ab work with upper body strength.

 **Tip:** Exhale during the sit-up and press.


8. Kettlebell Side Bend

- **How:** Stand tall with kettlebell in one hand, slide other hand down opposite side of body.
- **Why:** Targets obliques and core asymmetry.

 **Tip:** Move slowly, avoid tipping forward or backward.

9. Kettlebell Figure 8 Pass

- **How:** Pass the kettlebell around and between the legs in a figure-8 pattern from hand to hand.
- **Why:** Builds dynamic core stability, coordination, and cardio.

 **Tip:** Keep chest up and move fluidly.

10. Kettlebell Swing (for Core + Cardio)

- **How:** Hinge at hips and drive kettlebell forward with glute and core power.
- **Why:** A total-body move that melts fat and activates deep core muscles.



Tip: The power comes from hips and core, not arms.



Tips for Success:



Start with **2-3 sets of 10-15 reps** per exercise (or 30-40 seconds per movement).



Combine 3-5 of these into a circuit for **10-15 minute sessions**.



Perform **2-3 times per week**, with recovery and stretching.



Pair with **walking, running, or cycling** + nourishing meals for optimal results.