

Belly Bulge, Meet Your Match

Burn up to
400 calories
in only **30 minutes**
with **kettlebells!**

The latest flat-belly fix: kettlebells. A new study commissioned by the American Council on Exercise found that using the weighted orb **boosted participants' core strength by 70%** after only 8 weeks. The kettlebell's odd shape distributes weight unevenly, so when you swing it, you automatically engage your core to keep proper alignment. —*BL*

HERE'S HOW TO MASTER THE KETTLEBELL SWING LIKE A PRO.

WHAT YOU'LL NEED: A light (8- or 10-pound) kettlebell. After you've nailed the form, grab a heavier 'bell.

HOW TO DO IT: Stand with feet just more than hip-width apart, kettlebell resting on floor in front of you. Hinge at hips and press butt toward wall behind you, bending knees slightly.

Don't hunch; keep your shoulders back and your spine straight.

Using both hands, grasp kettlebell by handle (1). Swing kettlebell between legs, as if trying to hit yourself in the butt (2), keeping weight in heels. Thrust hips forward, straighten knees, and squeeze glutes to swing kettlebell through legs and up to chest height (3). Allowing gravity to assist, swing weight down, hinging at hips and

pressing butt back to bring kettlebell through legs. Immediately go into another swing, bringing kettlebell to chest height. Keep arms and wrists straight (but not locked) throughout exercise. Continue swinging for 30 to 60 seconds.

Expert: GEOFFREY HEMINGWAY, Strong-First certified kettlebell instructor



This is not a squat; hinge at your hips and press your butt back until you feel a stretch in your hamstrings.

Engage your core during the swing to strengthen your abs, prevent your spine from rounding, and protect your lower back. Keep weight in heels throughout exercise.