

## THE BENEFITS OF KETTLEBELL TRAINING

Here's an interesting question that presents itself a lot.

Are kettlebells a strength or cardio exercise?

First let's start by defining the difference between cardio and strength.



### **Cardio Definition**

Cardio or Cardiovascular exercise relates to the Cardiovascular System, the heart and lungs.

So any exercise that **puts demands on to the heart and lungs for a extended period of time** could be classed as cardio.

In general, cardio relates to exercises like **running, cycling, hill walking, rowing** etc. all activities that keep the heart rate elevated and make you breathe hard for long periods of time.

### **Strength Definition**

Strength based exercise involves **developing the muscular system** so you can jump higher, run faster, punch harder, lift heavier etc.

The short answer to whether kettlebell workouts are cardio or strength will depend on **how you use your kettlebell**.

## **Kettlebells for strength**

Kettlebells are certainly heavy objects just like dumbbells, medicine balls and barbells.

Kettlebells normally come in the following weight sizes: 8kg, 12kg, 16kg, 24kg and 32kg.

You may find that there are also in-between sizes available as well, so that your step up isn't as severe.

So as kettlebells are a weight they can absolutely be classed as a **tool for developing strength**.

Any type of kettlebell workout, providing you use a kettlebell that challenges you, can be classed as a strength-based workout.



## **Kettlebells for cardio**

Kettlebell exercises **use a lot of muscles during each movement**.

The more muscles that you use for a movement the **more oxygen you require** to fuel the movement.

By their very nature kettlebell exercises can very quickly become cardiovascular.

Your kettlebell programme will depend on whether the workouts are classed as cardio or not.

For example, if you use a weight that is not very challenging and you perform an exercise slowly, then your heart will not have to work very hard.

However, if you use a challenging weight then you will raise your heart rate and keep it elevated for a long period of time.



### **Bottom line.....**

Kettlebell workouts are inherently strength based because you are lifting a weight that challenges the muscular system.

The more weight you add the more strength based they become.

Kettlebell workouts can also be cardio too.

As most kettlebell exercises involve the use of hundreds of muscles at a time they require a great deal of energy produced by the heart and lungs.

If your kettlebell programme is designed in a circuit format (which they generally are) it can promote both strength and cardio gains at the same time.

It is due to this fact that kettlebell training is becoming more and more popular as a tool for saving time while generating some great fitness & fat loss results.



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