



# Soft Kettlebell Plus

The Soft Kettlebell Plus is a versatile workout tool that can enhance the challenge as you walk or run, or provide comfortable, stable support for post-workout stretching. The soft neoprene surface is easy on the skin, and the unique design allows you to tailor your routine for specific results, whether it's building strength and endurance, or toning the muscles of your shoulders, arms or legs.

## Includes 8 Exercises:

- Single Leg Stretch
- Back Row
- Side Arm Raise with Rotation
- Supine Straight Leg Raise
- Get Up
- Forward Hinge
- Side Kick
- Triceps Press

# Single Leg Stretch

A



**Starting Position:** Lie on your back, with your legs lifted and bent to 90 degrees and your upper torso curled up off the mat. Place the opened Soft Kettlebell Plus under the base of the head as a support, holding the handles with your elbows bent.

B



Hold the torso position and reach one leg out diagonally, then reach the opposite leg out diagonally. Continue switching legs for 8-10 reps on each side.

C



**Variation:** As the leg reaches out, rotate the torso toward the bent knee. Return to center as legs begin to switch positions.

# Back Row

A



**Starting Position:** Stand with your feet hip-distance apart and your knees bent. Tip the torso forward at the hips and have your arms long by your sides, each hand holding one section of the Soft Kettlebell Plus.

B



Pull your elbows up and back, then return to the starting position. Complete 8-12 reps.

C



**Variation:** Keep the arms long and reach them out to the sides.

# Side Arm Raise with Rotation

A



**Starting Position:** Stand with your knees straight and hip-distance apart. Tip your torso forward at the hips. Keep your back straight and your arms reaching down toward the floor, with one hand holding the Soft Kettlebell Plus.

B



Reach the long arm out to the side.

C



Continue to reach the arm up toward the ceiling, rotating the torso and shifting the weight to one side. Complete 3-5 reps. Repeat on the other side.

# Supine Straight Leg Raise

A



**Starting Position:** Lie on your back with one leg long and one knee bent. Wrap the Soft Kettlebell Plus around your ankles and keep your arms long by your sides.

B



Raise the long leg up toward the ceiling, then lower it with control. Complete 8-10 reps then repeat on the other side.

# Get Up



**Starting Position:** Lie on your back with one leg long and the other knee bent. Reach the arm on the same side as the straight leg up toward the ceiling, holding the Soft Kettlebell Plus. Keep the other arm long by your side.



Keep the arm reaching up and curl your torso up off the mat to a vertical sitting position with your arm reaching up to the ceiling.



Roll back down to the mat, keeping the arm reaching up, then let it return to the overhead position. Complete 3-5 reps on each side.

# Forward Hinge

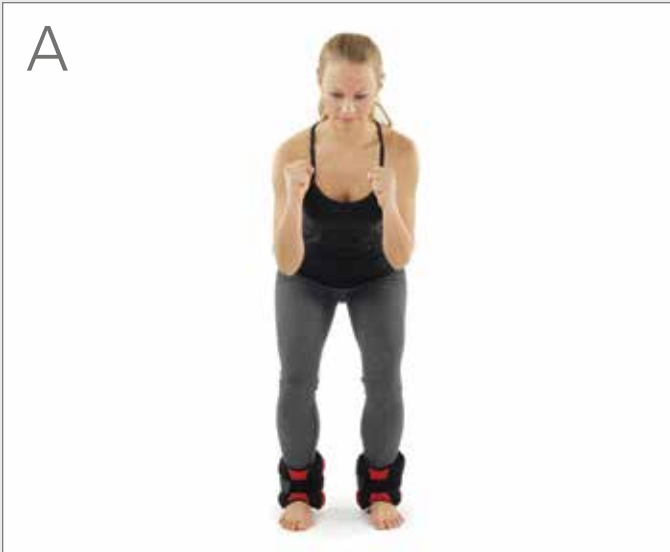


**Starting Position:** Stand with your feet hip-distance apart. Hold a Soft Kettlebell Plus in one hand with your arms long by your sides.



On a smooth breath, tip your torso forward, reaching one leg out to the back and the arm with the Soft Kettlebell Plus down toward the floor. Continue tipping forward until your leg and back are parallel to the floor. Return to the starting position. Complete 3-5 reps on each side.

# Side Kick

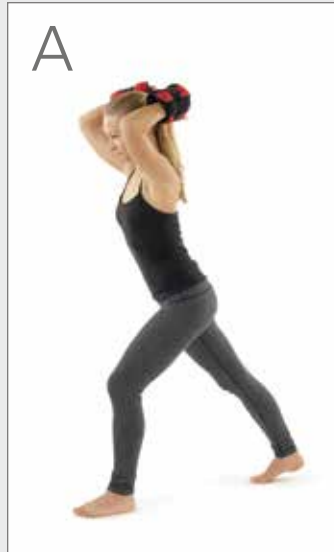


**Starting Position:** Stand with your feet hip-distance apart and the Soft Kettlebell Plus wrapped around your ankles. Bend your knees and tip your torso forward in a squat with your elbows bent and your hands by your shoulders.



Shift your weight onto one foot and kick the other leg out to side. Return. Complete 5-10 kicks on each side.

# Triceps Press



**Starting Position:** Stand in a forward lunge with your front knee bent and back leg straight. Tip your torso forward with your elbows bent and lifted and your hands behind your head with the Soft Kettlebell Plus wrapped around your wrists.



Straighten your elbows, reaching your arms up toward the ceiling. Return. Complete 10-12 reps.



## WARRANTY, CARE AND USAGE FOR SOFT KETTLEBELL PLUS

### Warranty

This product is sold without any warranties or guarantees of any kind. The manufacturer and distributor disclaim any liability, loss or damage caused by its use.

### Care and Cleaning

- Wipe clean using a diluted mixture of water and mild soap
- Ensure product is dry before using
- Never use corrosive cleaning products

### Safety and Usage

Improper use of exercise equipment may cause serious bodily injury. To reduce risk, please read the following information carefully.

- Before starting any exercise program, consult a physician.
- Stop exercising if you experience chest pain, feel faint, have difficulty breathing, or experience muscular or skeletal discomfort.
- Perform exercises in a slow and controlled manner; avoid excessive tension in neck and shoulders.
- Do not use equipment if it appears worn, broken or damaged, and do not attempt to repair equipment yourself.
- Use equipment only as recommended.



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