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Navy SEALs Undergo Russian Kettlebell Training

We know very well how very important physical strength and agility are to a SEAL. But despite the fact that they already have one of the most demanding physical routines around, the team still finds ways to improve on what they already have, whether it be tools, techniques or improvements in routines.

One of the new tools that the team is using is the Kettlebell, and, by consequence, the training methodology that goes with it. The U.S. Navy SEALs have reportedly acquired the services of Russian Kettlebell trainer Pavel Tstatoline, who recruited New Jersey Russian Kettlebell instructor Phil Ross to conduct the workshop.

The Kettlebell is expected to help in two important aspects: keep the SEALs in top form without burning out while they are actively on duty and up their game even if they are in between assignments. It is a tool that is expected to help in improving speed, strength, mobility and durability.

The SEALs were instructed in the use of Kettlebell. Ordinarily, Kettlebell use should be done under the supervision of a properly trained instructor. There was a lot to learn, not the least of which were movements, including the swing, goblet squats, front squats, snatch, press, Turkish Get Up and the clean. The effectiveness of Kettlebell is maximized with the proper guidance, positioning, safety and technique; at the same time, these can prevent injury and increase durability.

Beyond simply performing the different movements correctly, the SEALs also received training on implementing the cycling of power, conditioning and flexibility enhancing movements. This will hopefully keep them healthy while on a mission, and allow them to retire with reduced incidence of debilitating injuries.

You can also work out like a SEAL using the Kettlebell. Phil Ross holds Russian Kettlebell classes in his New Jersey Studio. He also has a DVD - Advanced Russian Kettlebell Workout under the BayView Entertainment label.