



# Soft Kettlebell Plus Workout

Experience all aspects of functional training – squat, hinge, lunge, pull, push and rotate – in this full-body integrated workout. The 5lb Soft Kettlebell Plus is unlike any other. It can be configured and utilized in diverse ways to add challenge and enhance awareness to both standing and Matwork-based exercises. The Merrithew™ Programming Team presents innovative sequences incorporating variations of traditional compound Kettlebell moves along with Pilates repertoire.

## Learning Objectives

1. Implement various aspects of functional training using the 5 lb Soft Kettlebell Plus.
2. Discover how the Soft Kettlebell Plus can be used in a variety of configurations to enhance traditional exercises.
3. Experience an integrative workout with both standing and Matwork-based exercises.

## Workshop Details

TIME REQUIRED: 2 hours

SPECIALTY TRACK:   

EQUIPMENT REQUIRED: Pilates Mat; 5lb KSoft ettlebell Plus

[view equipment online](https://merrithew.com/instructor-training/cont-ed/stott-pilates/matwork-matwork-with-small-equipment/stott-pilates-soft-kettlebell-plus-workout) ( merrithew.com/instructor-training/cont-ed/stott-pilates/matwork-matwork-with-small-equipment/stott-pilates-soft-kettlebell-plus-workout )

ADDITIONAL WORKSHOPS: [view online](https://merrithew.com/instructor-training/cont-ed/stott-pilates) ( merrithew.com/instructor-training/cont-ed/stott-pilates )



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STOTT PILATES® Soft Kettlebell Plus Innovative Strength Workout

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WARM UP

TORSO ROTATION

Kettlebell in the Open configuration

standing, feet hip-distance apart, holding handles in each hand, arms long in front of torso

on a smooth breath, sweep arms around to rotate torso to one side then the other

- 1. KEEP A FIRM GRIP on the Kettlebell
- 2. LOOSEN THE GRIP and allow more rotation
- 3. ALLOW OUTSIDE FOOT TO PIVOT

Complete 5-10 rotations to each side with each variation

SCAPULA ISOLATIONS

standing, feet hip-distance apart, holding handles in each hand, arms long in front of torso, knees and hips flexed in a semi-squat position

- 1. SCAPULAE ONLY

**in:** protract scapulae, **ex:** retract scapulae. 5x

- 2. ADD SPINAL MOTION

**in:** protract scapulae, flexing thoracic spine, **ex:** retract scapulae extending thoracic spine. 5x

- 3. ADD ROTATION

**ex:** protract one scapula and retract the other with a push/pull action of the shoulders and arms, allowing spine to rotate, **in:** begin to switch sides. 10x per side

DEADLIFT

standing, feet hip-distance apart, holding handles in each hand, arms long in front of torso, knees soft in athletic stance position

- 1. BILATERAL

**in:** hinge forward at hips, pulling out on handles, **ex:** press into the heels and return to vertical. 5x

- 2. UNILATERAL, start with weight on one leg, other foot slightly back

**in:** hinge forward reaching leg up and back, **ex:** return to vertical. 5x per side

- 3. ADD HEAD TURN, start in unilateral deadlift position

hold position, pull out on hands and turn head from one side to the other. 5x per side

BACK LUNGE TO KNEE LIFT

standing, feet hip-distance apart, holding handles in each hand, Kettlebell resting at the back of the neck

- 1. KNEE LIFT

**in:** step one leg back in lunge, back knee directly under hip, **ex:** return to vertical and lift knee in front of torso. 5x per side

- 2. ADD ROTATION

**in:** step one leg back in lunge, back knee directly under hip, **ex:** return to vertical, lift knee in front of torso and rotate torso toward that knee. 5x per side

Complete both variations on one side, then repeat on the other side.

BREATHING SUPINE

supine, pelvis and spine neutral, knees flexed, feet on the mat, hip-distance apart,

- 1. RIB CAGE BREATHING. Kettlebell open, resting across top of rib cage, holding handles in each hand

**Smooth breath:** use weight of Kettlebell to bring awareness to the breath in the rib cage

- 2. KETTLEBELL ON PELVIS

**Smooth breath:** use weight of Kettlebell on pelvis to bring awareness to breath lower down in the torso

legend: **in:** = inhale; **ex:** = exhale

FLOOR WORK

SHOULDER BRIDGE

supine, pelvis and spine neutral, knees flexed, feet on mat, hip-distance apart, Kettlebell resting on pelvis, holding handles in each hand

**in:** prepare, **ex:** maintain neutral and lift pelvis to bridge position, **in:** return to mat. 10x

AB PREP

supine, pelvis and spine neutral, legs long, hip-distance apart, Kettlebell behind neck, holding handles on each side, scapulae stabilized

1. AB PREP

**in:** prepare, **ex:** flex upper torso, bringing one leg to tabletop, **in:** return. 5x per side, alternating, on last repetition, hold flexion and bring second leg to tabletop

2. OBLIQUE PULSES

**in:** prepare, **ex:** for two pulses, rotating and pulsing torso to one side, **in:** return to center. 5x per side, alternating

BREAST STROKE PREP

prone, pelvis and spine neutral, legs long and abducted hip-distance apart, Kettlebell behind head and neck, holding handles in each hand

**ex:** extend upper torso off mat, **in:** return to mat. 10x

ROTATION PRONE

prone, pelvis and spine neutral, legs long and abducted hip-distance apart, one hand under forehead, Kettlebell open, holding one handle in opposite hand, arm long overhead.

1. ARM ONLY

**in:** prepare, **ex:** sweep arm down by side, dragging Kettlebell along floor, **in:** return reaching arm long overhead

2. ADD THORACIC EXTENSION

**in:** prepare, **ex:** sweep arm down by side, extending and rotating upper torso, dragging Kettlebell along floor, **in:** return, reaching arm long overhead

3. LOW HOVER,

start with Kettlebell under forehead, holding handles in each hand

**in:** prepare, **ex:** pull out on Kettlebell and lift upper torso to hover, **in:** return. 10x

QUADRUPED SERIES

On hands and knees, pelvis and spine neutral, hands under shoulders, knees under hips, Kettlebell open resting on the back of the sacrum

1. KNEE CIRCLES, one knee slightly lifted off the mat

**in:** bring knee in toward torso, **ex:** open knee to side and continue circling back into hip extension, **in:** return through starting position. 5x per direction, per side

2. HYDRANT, one hand under forehead

**in:** prepare, **ex:** lift opposite knee out to side, keeping arm and torso stable, **in:** return. 10x per side

3. BIRD DOG

**in:** reach one arm overhead, opposite leg out and back, **in:** return. 10x per side, alternating

SINGLE LEG BRIDGE

supine, pelvis and spine neutral, knees flexed, one foot on mat, other leg tabletop, open Kettlebell wrapped over shin under knee, holding handles on each side

**in:** prepare, **ex:** maintain neutral and lift pelvis up simultaneously pull down on Kettlebell handles while counter pushing knee up against Kettlebell, **in:** return. 10x per side

LEG LOWERING

supine, imprinted position, legs long, reaching up toward ceiling, ankles dorsiflexed, arms reaching up toward ceiling, holding handles of Kettlebell in each hand

1. ARMS TO CEILING

**in:** prepare, **ex:** lower one leg toward mat, **in:** lift leg. 5x per side, alternating

2. LEGS LOWERING

**in:** prepare, **ex:** lower one leg toward mat, **in:** lift leg. 5x per side, alternating.

3. ARMS OVERHEAD

**in:** prepare, **ex:** hold arms overhead and lower one leg toward mat, **in:** lift leg. 5x per side, alternating

VARIATIONS:

a. CHANGE BREATHING

b. HOLD ARM OVERHEAD THROUGHOUT

SIDE PLANK

side-lying position, knees flexed and stacked, resting on lower forearm, open Kettlebell resting on top hip, top arm long along top leg or resting on mat for support

**in:** prepare, **ex:** press up, lifting hip to side plank, one line from knees to head, **in:** return. 10x

# STOTT PILATES' SOFT KETTLEBELL PLUS WORKOUT CONT'D

## KNEEL TO STAND

high kneeling, knees hip-distance apart, open Kettlebell behind head, holding handles in each hand

**in:** step one leg forward, **ex:** press into front foot, coming up to standing, feet hip-distance apart, **in:** lower knee down to mat, **ex:** return to high kneeling. 5x per side, alternating.

*Finish in standing position.*

## SINGLE LEG DEADLIFT

standing, one foot slightly back, holding closed Kettlebell in same hand as back leg, other arm reaching out to side

### 1. DEADLIFT

**in:** hinge forward, reaching back leg up and Kettlebell toward the floor, **ex:** return to vertical, feet together. 5x per side

### 2. ADD KNEE LIFT

**in:** hinge forward, reaching back leg up and Kettlebell toward the floor, **ex:** return to vertical then lift knee in front of torso, resting Kettlebell on thigh above the knee. 5x per side.

## BACK LUNGE TO FRONT LUNGE

standing, feet hip-distance apart, holding closed Kettlebell in one hand

**in:** prepare, **ex:** lunge back on one foot, knee flexed directly under hip, holding Kettlebell in same hand as front knee, **in:** return to vertical and switch Kettlebell to other hand, **ex:** lunge forward, back knee flexed directly under hip,, Kettlebell in same hand as front knee. 5x per side.

## STATIONARY LUNGE

standing in lunge position, one leg back, knee flexed, front knee flexed, holding closed Kettlebell in one hand

**in:** prepare, **ex:** lower toward floor and switch Kettlebell to opposite hand, circling it under front knee. 5x circling in each direction on each side

## SQUATS WITH OVERHEAD PRESS

standing, feet hip-distance apart, holding closed Kettlebell in one hand by shoulder, elbow flexed, palm facing in

**in:** squat, flexing hip, knee and ankle, **ex:** press into feet to return to vertical, pressing Kettlebell up overhead. 10x per side

## QUADRUPED

On hands and knees, pelvis and spine neutral, one leg long reaching back, holding closed Kettlebell in opposite hand, arm long to side

### 1. ARM REACHING SIDE

**in:** prepare, **ex:** hold leg in extension and lift arm out to side, **in:** return. 10x per side

### 2. Shoulder Extension, start with arm long by side, palm facing up, toes touching mat

**in:** prepare, **ex:** reach arm alongside hip and reach leg up in extension. 10x per side

## TURKISH GET-UP PREP

supine, pelvis and spine neutral, one leg long, other knee flexed, foot on mat, legs abducted to shoulder-distance apart, same arm as flexed knee holding closed Kettlebell, reaching up toward ceiling, other elbow flexed on mat, hand lifted

**in:** prepare, **ex:** keep gaze up toward Kettlebell and reach arm to ceiling pressing up off mat, using bottom elbow to assist, **in:** return to mat. 10x per side.

## DEAD BUG

supine, imprinted position, legs tabletop, arms reaching up toward ceiling, one hand holding closed Kettlebell

**in:** prepare, **ex:** hold Kettlebell arm stable and reach one leg long down toward mat, reaching free arm overhead, **in:** return. 5x per side.

*Note: can be done with hand holding Kettlebell reaching slightly out to side.*

## EXTENDED SHELL STRETCH

on hands and knees, pelvis and spine neutral, open Kettlebell resting on back of sacrum

sit back toward heels, flexing spine, reaching arms long overhead and hands on mat, or to each side. hold for several breaths.