

# Workout Wisdom

Unlock the secrets to improving your health, wellness, and, fitness! Each month our team highlights different concepts and exercises that can safely and effectively enhance your current fitness routine.

-It's time to nudge that progress needle a little bit further!

## -Bottoms Up Shoulder Stability-



### What Is It?

- Kettlebell exercise that aims to engage the core and build shoulder stability for both strengthening and reducing the risk of injury.
- By stabilizing the body in the kneeling position with the kettlebell upside down; various muscle groups are engaged to maintain balance while the arm is moved through the range of motion.



### The Benefits!

- Strengthens the core and rotator cuff.
- Increases exercise intensity without the need for excessive weights.
- Isolates smaller supporting muscle groups that can be overshadowed by larger muscles leading to hidden weaknesses.



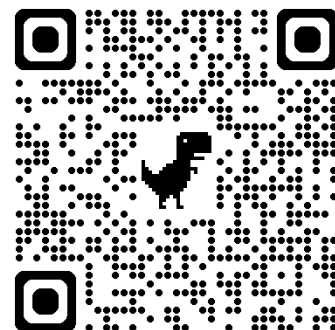
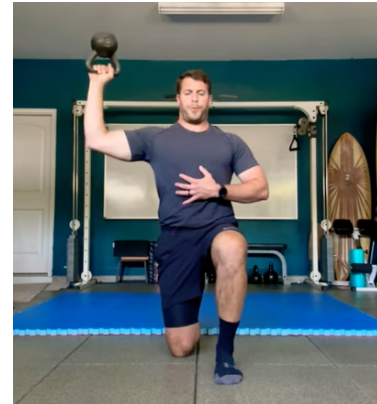
### Exercise Tips.

- GO SLOW to ensure proper technique is used. Practice will be key!
- USE MIRRORS to ensure your technique matches the examples given.

### Resources

Click or Scan

### \*VIDEO INSTRUCTION\*



*For more Health, Wellness, Fitness content*

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