



UNIT / BEYOND LIFTING

THE CAPABILITY PROJECT

FIELD GUIDE 01

5 MOVEMENT SKILLS · 1 KETTLEBELL

01 / THE APPROACH

ONE TOOL. FIVE MOVEMENT DEMANDS.



Progressive strength training builds the ability to produce force and tolerate load. That foundation matters. But the way we use strength also depends on timing, direction, balance, coordination and our ability to move between positions. These qualities are task-specific: practising one drill does not automatically improve every other movement.

For this first field guide, we have deliberately chosen one kettlebell. It is accessible, portable and versatile enough to create different movement problems without changing equipment. The restriction is intentional: with the tool kept constant, we can pay closer attention to the demands of each task. Other tools will offer different possibilities in future guides.

02 / PRACTICE NOTES

BEFORE YOU BEGIN



This is an intermediate guide for readers already comfortable with the swing, clean and basic kettlebell handling. It is a practice resource, not a test, competition programme or replacement for strength work. Use a manageable weight, leave clear space around you, and practise where a dropped bell cannot injure someone or damage the surroundings.

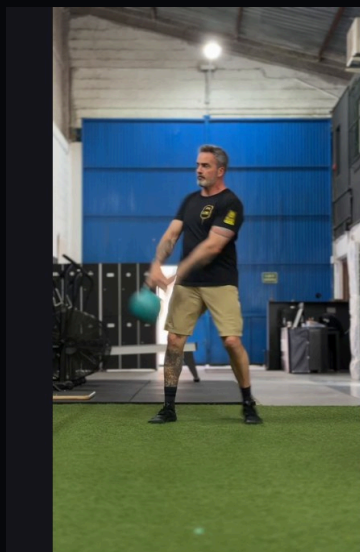
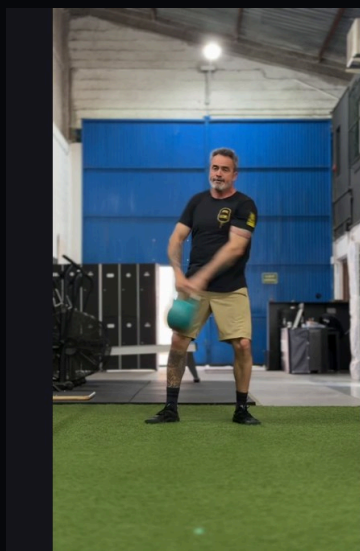
Work at a level where you can stop the bell deliberately. For hand transfers, use clear space and a surface where a dropped kettlebell will not rebound dangerously. If you are not confident in the basics, return to those skills first.

MOVEMENT SKILLS

ROTATION

Three phases out, three phases back.

ROTATIONAL SWING

**01 Start****02 Outward****03 Centre****04 Return****05 Control****06 Finish**

Six moments from real training footage, in chronological order.

The full video remains the movement reference.

01 / PRACTICE

ROTATIONAL SWING

WHAT THIS DEVELOPS

In this rotational swing, the bell travels across a changing line as your stance and hips reorient. The aim is not to twist the lower back against fixed feet. Watch how the feet, pelvis and trunk share the turn while the bell follows a controlled arc.

HOW TO PRACTISE

Begin without weight: practise a smooth pivot and return. Add a light kettlebell only when the turn is predictable. Keep the arms connected to the torso rather than pulling the bell around with the shoulders.

WHAT TO OBSERVE

Notice when the feet turn, how the bell approaches the midline, and whether you can slow its path without losing balance. The six images illustrate one sampled movement interval; follow the video for its full timing.

PRACTICE DOSE

2–3 sets of 4–6 controlled passes each direction. Start with smaller arcs; increase range before speed or load.

COMMON ERRORS

Forcing rotation through a planted lumbar spine; turning too late; allowing the bell to pull the shoulders out of position.

02 / MOVEMENT SKILL

BALANCE & STABILITY

Maintaining orientation when support is reduced and the load is asymmetric.

SINGLE-LEG OFFSET KETTLEBELL CONTROL



01



02



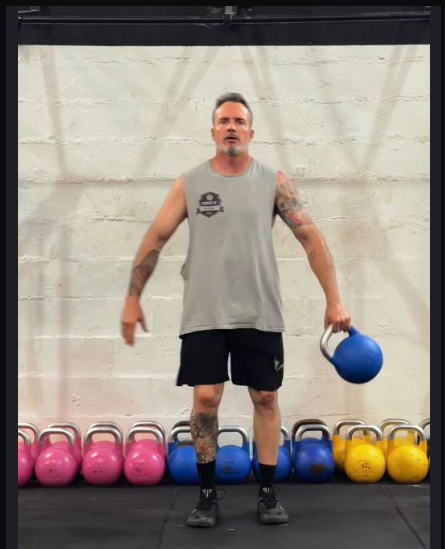
03



04



05



06

Six frames from a real training clip. Read the sequence in order; this is a selected movement interval, not a substitute for watching the full motion.

02 / PRACTICE

SINGLE-LEG OFFSET KETTLEBELL CONTROL

WHAT THIS DEVELOPS

The demonstration uses a unilateral stance while the kettlebell changes position. Your task is to manage the relationship between the supporting foot, hip and trunk, not to create the biggest possible wobble.

HOW TO PRACTISE

Start with a staggered stance and a light bell. Shift gradually to one-leg support only if you can maintain a comfortable foot tripod and a controlled pelvis. Keep the bell close enough to avoid a sudden pull.

WHAT TO OBSERVE

Watch for repeated corrections in the supporting foot, uncontrolled pelvic rotation and the need to hold your breath. A small, deliberate range is more useful than a large uncontrolled one.

PRACTICE DOSE

2-3 sets of 15-25 seconds per side or 4-6 slow movements. Progress from staggered stance to brief single-leg holds, then to gentle controlled bell motion.

COMMON ERRORS

Locking the knee rigidly; reaching the bell too far; confusing deliberate stability work with a reaction-time drill.

MOVEMENT SKILLS

FORCE ABSORPTION

Step forwards with the leg on the working side.

CLEAN + FRONT STEP



01 Start



02 Drive



03 Step



04 Rise



05 Entry



06 Final rack

Six moments from real training footage, in chronological order.

The full video remains the movement reference.

TECHNICAL NOTES

CLEAN + FRONT STEP

WHAT WE EXPLORE

This clean adds a forward step with the leg on the same side as the kettlebell. The challenge is to coordinate load acceleration, body displacement and reception without losing balance.

EXECUTION

Make sure you have clear space ahead and start with a light kettlebell. Initiate the clean and step forward with the leg on the same side as the working arm. Time the foot contact with the kettlebell entering the rack. Finish with the step completed and the load stable, as shown in the final image.

WHAT TO OBSERVE

The step and the reception should form one coordinated action. Place the foot under control and avoid impact against the forearm. Notice whether you need extra steps to recover your balance.

PROGRESSION AND DOSE

Practise the step without load, then a stationary clean, and finally combine both. Perform 2–3 sets of 3–5 reps per side with ample rest.

ERRORS AND SAFETY

Do not step with the opposite leg or overreach into an unstable stance. If the kettlebell drifts away from the body, reduce speed and load.

MOVEMENT SKILLS

COORDINATION

Rotation, hand transfer and controlled reception.

ROTATIONAL HAND-TO-HAND CLEAN



01 Start



02 Outward



03 Rotation



04 Transfer



05 Clean



06 Final rack

Six moments from real training footage, in chronological order.

The full video remains the movement reference.

TECHNICAL NOTES

ROTATIONAL HAND-TO-HAND CLEAN

WHAT WE EXPLORE

Coordination means linking body rotation, kettlebell trajectory and transfer between hands. This is more than a simple grip switch: both hands and the body must act at the right moment.

EXECUTION

Start in a balanced stance and initiate the rotational path of the kettlebell. Let the feet and hips follow the turn. Transfer the handle from one hand to the other at a controllable point, then guide the load into a clean on the opposite side.

WHAT TO OBSERVE

Watch the timing of the hand transfer, the orientation of the kettlebell and whether the body turns with the load. The receiving rack should be stable enough to reverse direction.

PROGRESSION AND DOSE

First practise rotation without a transfer and slow hand exchanges. Then connect the clean. Perform 2-3 sets of 3-5 transfers per side.

ERRORS AND SAFETY

Avoid releasing before the receiving grip is secure, twisting the lower back over fixed feet, or chasing an uncontrolled kettlebell. Keep the training area clear.

MOVEMENT SKILLS

TRANSITIONS

From a circular body path into a rack reception.

AROUND THE BODY TO CLEAN

**01 Start****02 Path****03 Behind****04 Hand transfer****05 Entry****06 Finish**

Six moments from real training footage, in chronological order.

The full video remains the movement reference.

TECHNICAL NOTES

AROUND THE BODY TO CLEAN

WHAT WE EXPLORE

This skill connects two different patterns: a path around the body and its transformation into a clean. The transition requires changes in grip, load direction and body position without unnecessary interruption.

EXECUTION

Start with the kettlebell at one side. Move it around the body, exchanging hands as it passes behind you. As the circular path completes, redirect the load forwards and upwards into a clean. Finish with a clearly controlled rack reception.

WHAT TO OBSERVE

Identify the starting position, passage behind the body, exit from the circular path, entry into the clean and final rack. Keep the load close while giving it enough room to travel.

PROGRESSION AND DOSE

Master a slow around-the-body transfer and a clean separately. Combine them with a pause, then build continuity. Perform 2–3 sets of 3–5 reps in each direction.

ERRORS AND SAFETY

Do not accelerate the circle to compensate for a late hand change. Avoid contact with the body and keep the full movement perimeter clear.

PRACTICE

THE CAPABILITY SESSION

25–35 minutes · quality before fatigue

05 MIN

PREPARATION

Unloaded hinges, pivots, rack positions and steps

04-05 MIN

ROTATIONAL SWING

2 × 4 paths in each direction

04-05 MIN

BALANCE

2 × 20 seconds per side

05 MIN

CLEAN + FRONT STEP

2 × 3–5 per side; step with the same-side leg

04-05 MIN

ROTATIONAL HAND-TO-HAND CLEAN

2 × 3–5 transfers per side

05-07 MIN

AROUND THE BODY TO CLEAN

2 × 3–5 per direction; finish stable in rack

Rest as needed; lower the load if control deteriorates.

08 / PROGRAMMING

BUILD IT INTO YOUR WEEK



Use these practices as short skill blocks before or after strength work, when attention is high. You can keep the same main lifts and add 5–10 minutes of one movement demand. An example week: Day 1 — rotation plus your regular strength session; Day 2 — balance and hand-to-hand coordination; Day 3 — clean reception and rotational transitions. Adjust the dose to fatigue and proficiency.

PROGRESS

Track repeatability rather than novelty: a quieter clean, a clearer hand transfer, fewer balance corrections, or a rotational path you can reproduce on both sides. Skill improvements are specific to the tasks practised; test other movements separately rather than assuming automatic transfer.

09 / THE FRAMEWORK

BEYOND LIFTING



BUILD STRENGTH → DEVELOP MOVEMENT → PRACTISE SKILLS → EXPAND CAPABILITY. One kettlebell is a starting point, not the limit of the method. The next guides can explore other tools and movement problems.



CARLOS ANDRADE LEAL



Carlos Andrade Leal has spent around 20 years coaching people and competitive sportspeople. His background includes high-level stand-up paddle competition, serving as a national coach for Spain's stand-up paddle team, and five years contributing to the physical preparation of a multiple-time kitesurf world champion. He began training with kettlebells in 2008 and became a three-time World Champion in Classic kettlebell juggling (Spain 2023, USA 2024 and UK 2025), following a European runner-up finish in 2022. At UNIT in southern Spain, he brings together strength, unconventional training and movement-skill practice.

UNIT — BEYOND LIFTING

BUILD STRENGTH / DEVELOP MOVEMENT / PRACTISE SKILLS