

# Effect of Indian Clubbell and Kettle Bell Swinging on Upper Body Muscles - A Quasi Experimental Study

**Reddysai E., Dr. Sathya Guruprasad and Dr. Sai Bhavani**

College of Physiotherapy, Dayananda Sagar University, Devarakaggalahalli, Harohalli Kanakapura Road, Dt., Ramanagara, Karnataka – 562112, India

## Abstract

**Introduction:** Power and strength are essential for good athletic performance. Kettlebells and Indian club bells have become well-liked as useful training aids to improve these qualities.

Kettlebells, well-known for their application in military and sports training, and Indian club bells, an age-old technique, both provide special advantages by engaging various muscle groups and allowing for multi-planar motions.

**Aim:** To assess and compare the effectiveness of Indian club bell and kettlebell swinging on the strength and power of upper body muscles.

**Method:** The study method is a quasi-experimental design involving 22 participants divided into Indian Club Bell (ICB) and Kettlebell (KB) groups. Pre- and post-tests assessed upper body strength and power using barbell biceps curl, overhead press, and medicine ball overhead throw. Participants followed six-week training programs, with data collected and analyzed to compare the effectiveness of each training program.

**Result:** Both groups showed significant improvements in strength and power, with detailed statistical analysis indicating varying degrees of effectiveness with a p value  $<0.001$ . But the comparison of both groups has no significant difference in the effectiveness with a p value  $>0.05$ .

**Conclusion:** ICB and KB training are both effective for enhancing upper body strength and power, but they offer distinct benefits. This study provides evidence to inform that training of either ICB or KB can be the preference of the trainer.

**Keywords:** Indian Club Bell; Kettlebell; Strength; Power; Upper Body Training