

# Kettlebell Performance Training Level 1

Build Client's Strength, Power and Endurance with Kettlebell

## Course Overview

Many personal trainers incorporate kettlebell training into their clients' workout. Kettlebells are mobile fitness tools that can be taken around with you, anytime and anywhere. Training with kettlebells allow your clients to build strength, power and endurance while having fun!

Through this course, you'll receive the coaching tools you need to incorporate kettlebell workouts and movements into your clients' training programmes. As a result, you'll help your clients get leaner, stronger and faster while building functional strength and improving athletic performance.

## Course Highlights

- Complex movements broken down into step by step progression every client can follow!
- Get coached by our edutrainers personally to ensure you as coaches can perform these movements seamlessly

## Why Should You Consider This Course?

- Get your clients leaner, faster and stronger using kettlebell training• You want to learn how to execute Kettlebell exercises safely and correctly
- You want to learn how to breakdown Kettlebell exercises to step by step progressions to help clients learn it effectively

## What Are the Topics Covered?

- Technical proficiency in performing the various core kettlebell lifts; the kettlebell swing, snatch, and clean and jerk
- Correctly and safely train and spot clients using these techniques
- Advise clients on technique progression and scaling of kettlebell movements based on client's current skill level
- Design and implement kettlebell fitness programmes based on clients' goals and current fitness levels

## Who Will This Benefit?

- Fitness Professionals
- Health Professionals
- Strength and Conditioning Professionals
- Sports Coaches
- Fitness Enthusiasts\*

\*Note: to gain full benefits of the course, fitness enthusiasts should already have pre-existing knowledge and skills in resistance training and flexibility exercises. E.g. Names of exercises, muscles involved, techniques and how to put a workout session together (irregardless right or wrong).

**Pre-requisite**

This course is designed for fitness professionals who wish to incorporate Kettlebell training into their workout sessions. Basic fitness instructing/personal training certification is recommended.

**Course Provider**

Fitness Edutraining Asia (FEA)

**CEC Points**

ACE 0.7 CECs

**Course Duration**

7 hours (1 day)

**Learning Materials**

Handouts, course manual and/or presentation slides

**Awards**

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course completion

**Grading Criteria**

Completion of course participation and assignment(s)

**Recertification**

N/A

**Exam Fee**

N/A

**Dress Code**

Fitness attire

**What Do I Need to Bring?**

Stationery and a spare change of clothes

**Course Capacity**

A minimum of 12 pax and a maximum of 20 pax

**Language**

English

Information displayed above is correct during time of publishing and may subject to change without prior notice