



Kettlebell Training

Course Overview

Kettlebells are a great way for a total body workout. By engaging multiple muscles with each swing and lift, your clients will benefit from improved muscle strength and definition, enhanced cardiovascular performance, and higher levels of flexibility.

During this course you will learn how to plan and deliver Kettlebell sessions for groups or individuals. You will come away with a wide range of specific Kettlebell exercises to introduce into your PT sessions. The book included in the course fee is a useful resource to keep for even more exercises.

Course Content

- ✓ Benefits of kettlebell training
- ✓ Different grips and positions
- ✓ Kettlebell exercises
- ✓ Progressions, regressions and variations
- ✓ Designing Kettlebell programmes and sessions
- ✓ Teaching individual clients and groups

Profusion Range Format

½ day attendance

Entry Requirements

Over 16 and Level 2 Fitness Instructor Qualification

There is a lot of physical training involved during the day so you will need to have a good level of fitness.

Assessment

No assessment

Certification

Amac Certificate in Kettlebell Training



Book online now at www.amactraining.co.uk