

Kettlebell Training

Course Guide



Recognised Certification

Our training course will lead to an **Amac Certificate in Kettlebell Training**. It has been endorsed by PD:Approval for the Register of Exercise Professionals (REPs). Members of REPs may use these points towards their CPD requirement.

Entry Requirement

Over 16 and hold a recognised level 2 fitness instructor qualification.

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.

Course Content

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

Course and Assessment

This course requires one-day's attendance which includes a comprehensive training manual. You will be assessed by an on-course practical demonstration.

What next?

- Indoor Group Cycling
- Combat Training
- Rope Training
- Sandbag Training
- High Intensity Interval Training

