

LEVEL UP BFT

KETTLEBELL ADVANCED

WHAT WILL I LEARN?

This course is going to focus on **Advanced Kettlebell Movements and Coaching**:

- Trainers will further develop a deep understanding of the specific muscle actions and movement patterns of the advanced kettlebell exercises in this course.
- Trainers will learn regressions and progressions for each exercise and be clear on what they are instructing to ensure consistency.
- Trainers will learn how to execute and coach advanced unilateral and double kettlebell progressions of multiple kettlebell movements.
- Trainers will learn to correct techniques and/ or provide a neutral cue for a member.
- Trainers will learn how to modify exercises for members who are unable to perform them.
- Trainers will learn to always ensure the safety of members.

WHAT MOVEMENTS WILL WE COVER?

- ▶ Deadlifts, Single Arm deadlifts, RDL's & Suitcase carry
- ▶ Single-arm and double KB swings
- ▶ Various cleans, squats and presses
- ▶ The snatch
- ▶ The Turkish get-up

HOW LONG IS THE COURSE?

This course is delivered over 3 days of intense physical training (8am-6pm)

- 20 CDP's (REPs)
- 2.50 CEC's (ACE)
- 15 CEC's (AusActive)



PHYSICAL REQUIREMENTS?

This course will require you to be physically capable of squatting, pressing, and generally training at a physically demanding level for 3 days in a row. Do not come into this course with injuries as it is expected that you are physically capable of attempting all of the drills, exercises, lifts and skills required.

PRE-REQUISITES FOR ENROLLMENT?

Must have completed **EITHER** the BFT Physical Bootcamp **OR** Kettlebell Basics course to participate in this course.

COST?

\$999



WANT MORE INFO?

Email or call RYAN KOSKI (GM - Education)

ryan@bodyfittraining.com

(+61) 410 488 252