

ADVANCED KETTLEBELL SPECIALTY CERTIFICATION

Introduction

Section One:
The Science of Kettlebells

Section Two:
Fine-Tuning the Swing

Section Three:
The Windmill

Section Four:
The Turkish Get-Up

Section Five:
Workout Ideas

Exam Information

Select a square to view a topic.



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COURSE DESCRIPTION

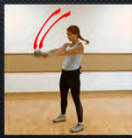

- WELCOME TO NETA'S ONLINE ADVANCED KETTLEBELL SPECIALTY CERTIFICATION. THIS SPECIALTY CERTIFICATION IS DESIGNED FOR INSTRUCTORS AND TRAINERS WHO HAVE A BASIC UNDERSTANDING OF THE KETTLEBELL SWING, CLEAN, AND SNATCH. THIS ONLINE MODULE WILL PROVIDE THE KNOWLEDGE TO IDENTIFY MOVEMENT ERRORS AND THE EXERCISES TO CORRECT THEM, AS WELL AS STEP-BY-STEP PROGRESSIONS AND TEACHING TIPS FOR MORE COMPLEX EXERCISES SUCH AS THE WINDMILL AND TURKISH GET-UP.



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THE SCIENCE OF KETTLEBELLS: CENTRIFUGAL FORCE & ANGULAR MOMENTUM



- AN OBJECT TRAVELING IN A ROTATIONAL PATTERN (I.E., CIRCLE) EXPERIENCES AN OUTWARD PULL KNOWN AS CENTRIFUGAL FORCE. THE MAGNITUDE OF THE CENTRIFUGAL FORCE IS DETERMINED BY?
 - THE MASS OF THE OBJECT,
 - THE SPEED OF ROTATION,
 - AND THE DISTANCE FROM THE CENTER OF ROTATION.





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THE WINDMILL

SECTION THREE








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THE TURKISH GET-UP



SECTION FOUR





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MOVEMENT TO THE ELBOW AND HAND





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