



Equipment Requirement Sheet

Advanced Kettlebell Specialty Certification

Mastered the basics of kettlebells? This course will take your instruction to the next level! The Advanced Kettlebell Specialty Certification is designed for instructors and trainers who have a basic understanding of the kettlebell swing, clean, and snatch. Participants will learn the science of kettlebells, discovering how the concepts of momentum, centrifugal force, and angular momentum make this dynamic piece of equipment uniquely functional.

Space Needed:

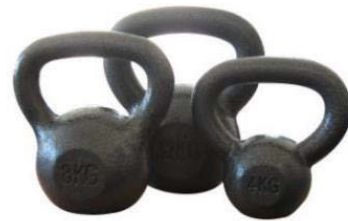
Group Exercise Studio: 8am – 3pm

Equipment Required:

___ Lightweight Kettlebells (4-8 kg)

___ Medium-weight Kettlebells (12-16 kg)

___ Mats



Questions regarding equipment please contact: Darci at darci@netafit.org