



Equipment Requirement Sheet

Kettlebell Specialty Certification

Kettlebells continue to be one of the most popular strength training tools in today's group exercise settings or with personal training clients, due to their functionality. Kettlebell training can improve strength, cardiovascular endurance, core strength and mobility; and NETA is pleased to offer you the most comprehensive Kettlebell Certification program for this discipline. This introductory course teaches the basics of kettlebell training, including its history, safety techniques, body positioning, alignment and appropriate starting weights. Participants will experience and coach the basic exercises of the swing, clean and press, and snatch, as well as learn creative ways in which to incorporate these exercises into group classes or individual workouts.

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