

Kettlebell Specialty Certification

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Clean and Press Exercises ④	Snatch, Catch, Slingshot and Walks ⑤	Sample Workouts ⑥	Wrapping Up

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Introduction

Welcome

- Welcome to NETA's online Kettlebell Specialty Certification
- NETA's Kettlebell course will assist instructors to safely and effectively incorporate kettlebell training into their classes and training sessions.





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Introduction

Welcome


Upon successful completion of this online course you will be able to...

- define the Hard Style method of kettlebell training.
- explain the benefits of kettlebell training.
- determine starting weights of kettlebell exercises.
- explain the key points and safety considerations for the basic kettlebell exercises.
- demonstrate and perform the basic kettlebell exercises safely and properly.
- instruct participants in the basic kettlebell exercises and provide appropriate form correction.




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Kettlebell Overview



Section One

Kettlebell Overview




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Kettlebell Overview

History



with Pavel Tsatsouline, Master of Sports





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Kettlebell Overview

Benefits of Using Kettlebells

- Develop strength
- Enhance cardiovascular endurance
- Increase flexibility
- Enhance balance
- Develop core strength

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