



1

THE UNIQUE NATURE OF KETTLEBELL TRAINING

- Cross-body core activation
- Strength endurance
- Power development
- Progressions through complexity
- Intrinsic variability
- Convenience

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IDEA PERSONAL TRAINER PART 1

2

THE SCHOOLS OF KETTLEBELL TRAINING

HARD STYLE	SOFT STYLE
<ul style="list-style-type: none"> • Fast, short bursts of energy • Higher weight lifted • Breathing maximizes tension and spinal stability 	<ul style="list-style-type: none"> • Emphasizes fluidity, efficiency, and endurance • Higher repetitions • Breathing reduces tension and takes pressure off the spine

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IDEA PERSONAL TRAINER PART 1

3

THE SIX BASIC KETTLEBELL MOVEMENTS

- Swing (ballistic)
- Clean (ballistic)
- Press (grind)
- Squat (grind)
- Turkish get-up (grind)
- Snatch (ballistic)

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KETTLEBELL SAFETY 101

- Respect the load
- Picking up the KB
- Grip
- Eyes

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KETTLEBELL PRESS

- Set-up
- Procedure
- Coaching cues
- Mastery

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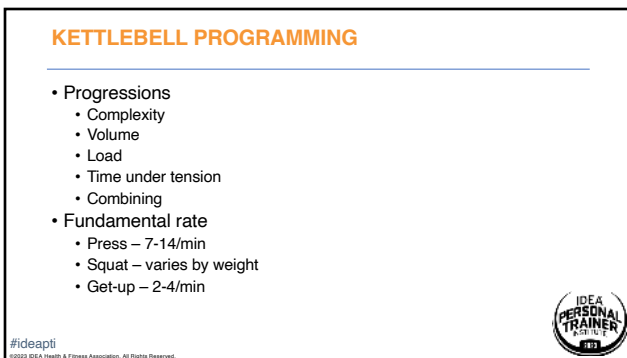
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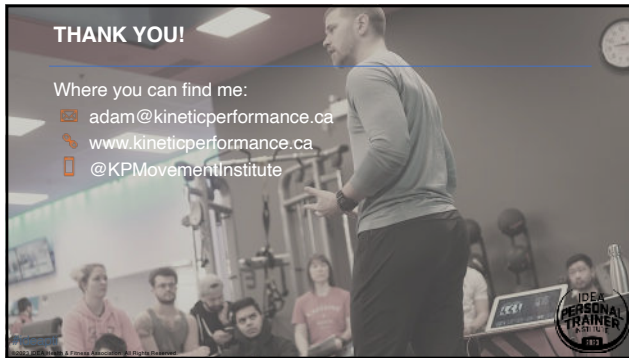
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THANK YOU!

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