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FOUNDATIONS OF KB TRAINING (PART 2)
POWER-UP

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THE UNIQUE NATURE OF KETTLEBELL TRAINING

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

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THE SCHOOLS OF KETTLEBELL TRAINING

HARD STYLE	SOFT STYLE
• Fast, short bursts of energy • Higher weight lifted • Breathing maximizes tension and spinal stability	• Emphasizes fluidity, efficiency, and endurance • Higher repetitions • Breathing reduces tension and takes pressure off the spine

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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 CLEAN
• Set-up
• Procedure
• Coaching cues
• Mastery
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KETTLEBELL SNATCH
• Set-up
• Procedure
• Coaching cues
• Mastery
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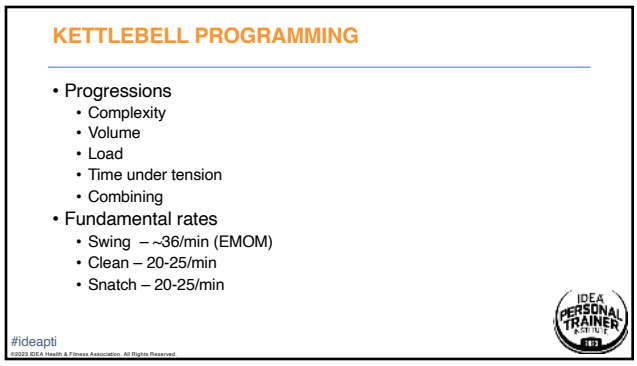
KETTLEBELL PROGRAMMING
• Progressions
• Complexity
• Volume
• Load
• Time under tension
• Combining
• Fundamental rates
• Swing – ~36/min (EMOM)
• Clean – 20-25/min
• Snatch – 20-25/min
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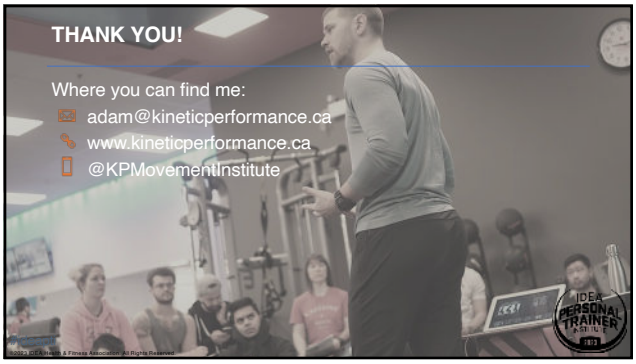
THANK YOU!
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