ISA Introduction to Kettlebell Course

(Powered by BlackJacqStrength)

This course is for fitness enthusiast and current fitness instructors who like to learn more on the techniques of kettlebell movements, a kettlebell workout program, and the unique benefits of the kettlebell workout. This course allows you to review your own posture and kettlebell technique that will reap the benefits of not only strength due to the resistance training principles but also the ability to gain knowledge on proper posture and functional mobility. This is a practical-based class with 80% spent on practical practice.

- DETAILS YOU NEED TO KNOW -

Course Duration
7 hours over 1 day
9am – 5pm (w/ break)

Course Date
14 Nov 2020 (Sat)

Course Fees
$350.00

- WHO IS THIS COURSE FOR? -

- New to kettlebell training as a muscular strength program
- Has some exposure to the kettlebell in circuit training format
- Occasionally trains with a kettlebell and like to learn more about proper form and technique of a kettlebell workout for everyday

- MATERIALS YOU WILL RECEIVE -

- ISA Introduction to Kettlebell Course Notes
- COMPLIMENTARY Kettlebell *(find out a suitable weight for yourself during the course and collection to be arranged approximately 2-4 weeks after the course)*

(65) 6423 0668
1 Stadium Place #01-11 (S) 397628
info@isa.edu.sg
www.isa.edu.sg

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- HOW TO REGISTER IN 5 EASY STEPS -

Step 1 Access the registration form at www.isa.edu.sg/kbell
Step 2 Fill up the form and complete it before the registration deadline
Step 3 You will receive the invoice with payment details in 2-3 working days
Step 4 Make full payment to confirm your slot
Step 5 Wait for course materials (if any) to be sent to you on the first day of the course

REGISTRATION ENDS ON 11 NOV 2020, 1800 HRS

- COURSE SYLLABUS AND SCHEDULE -

Part 1 **(9am – 12.30pm)**	**Theory**	**Practical**
	Introduction to Kettlebells • Benefits of Kettlebells • Types of Kettlebells **How to choose a Kettlebell** • Weight to use • Safety handling **Safety** • Contraindications • Injury prevention **Posture & Mobility** • Hip Hinge • Deadlift vs Squat • Forward and Reverse Lunge • Wrist positions	**Kettlebell Warm-Up** • Wrist, Shoulders, Rotator Cuff • Thoracic, Lumbar • Hip, Knee, Ankle **KettleBell Exercises - The Base** • The Swing • The Deadlift • The Clean & Overhead Press • The Squat • Racking • Progressions & Regressions
Lunch Break (12.30pm – 1.30pm)		
Part 2 **(1.30pm – 5pm)**	**Theory**	**Practical**
	Understanding Kettlebell Workouts • Training Goals & Parameters • Strength Programming Principles **Design your own Kettlebell Workout** • Endurance Workout • Strength Workout • Supersets / Compound Workout • Combo Workout – HIIT flow, Animal Flow, Core Flow	**Kettlebell Workout – The Flow Sets** • 5x5 (Short and Sharp) • Tabata (HIIT) • Pyramid (Muscular Endurance) • Cardio (with body weight exercises) **Kettlebell Workout – The Core** • Traditionals: Turkish Gets-Ups, Russian Twist, Renegade Row • BlackJacq Signature KCore: Banana Series of Exercises

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What is the ISA Continuing Education Series?

A series of short, focused courses that breaks down complicated sports and fitness concepts into easy-to-digest programmes, allowing you to get a good foundational knowledge and understanding in specific areas of sports and fitness.

Who Should Attend?

Anyone! Whether you just want to learn more about fitness for your personal knowledge, or you are a trainer who is looking to increase your skillsets and marketability, our Continuing Education courses are suitable for just about anyone.

The ISA Advantage

ISA has been a trusted name in sports and fitness training and education in Singapore since 2003. We seek to be the thought leader by bringing together local and international experts with diverse expertise from across the industry, to seek collaborative solutions to Singapore's and the region's problems relating to health, fitness and sports.

In pursuit of our mission, we offer a full range of professional certifications, and short continuing education courses, each tailored to suit your varied needs and objectives.

- Appointed Education Partner and Approved Provider in Singapore by the American Council on Exercise (ACE).
- Endorsed by industry leaders such as Virgin Active, True Fitness, the Pure Group, WAKO Singapore, Singapore Federation of Bodybuilding and Fitness, Superfit, Sports Lifestyle Initiatives, Club Managers' Association (Singapore) and Sports Lab among others
- Provides early industry exposure and job placement assistance through extensive industry network.
- Offers continuing education courses for increasing your skillsets.

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