

KettleBell Express – Keli Roberts

Quick, efficient workouts are the key to busting excuses and there's no better tool than the KettleBell to make that happen! 30-45 minutes of effective functional whole body training designed to enhance integrated strength and conditioning. Starting heavy with traditional movements and finishing with light complexes that improve coordination, this workshop leaves instructors with a simple training plan, ready to go.

Course Objectives

- Review KettleBell benefits
- Examine benefits of express workouts for a variety of training environments
- Review KettleBell training guidelines and safety
- Develop a program design suitable for Small Group and PT
- Focus on technique and coaching

KettleBell Benefits

- Improved total body coordinated, functional strength
- Improved posture and alignment
- Time efficient, multiple fitness components trained in a single session
- Weight-bearing multi-planar exercise
- Enhanced exercise efficiency
- Increased bone mineral density
- Progressive program design
- Incorporates power development and power endurance
- Trains deceleration ability

Express Workout Benefits

- KettleBell workouts are time efficient
- Shorter workouts decrease risk of overuse injury
- Decreased workout time lessens chance of neural fatigue
- Increased earning ability for trainers and instructors

Training Guidelines

- Intensity: Vary intensity: lever length, load, or speed of movement
- Tempo: different techniques require different movement tempos based on client ability and fitness level
- Weight load: Different weight loads may be necessary for each exercise
- Reps: 8-20
- Frequency: 1-3 times per week
- Rest: 15-60 seconds rest between sets

KettleBell Safety

- Space: the minimum space is the participant's height squared.
- Program Design: Failing to plan is planning to fail!
- Warm Up: Dynamic warm up before the main body of the workout.
- Cool down: Always cool down after the main body of the workout.
- Progression: Progress resistance and skills slowly and safely; Use the law of individual differences-allow each individual to progress at his/her own pace, regardless of others' progress.
- Footwear: Athletic shoes that favor lateral stability are recommended
- Missing: teach how to "miss" before teaching how to lift
- Teaching New Skills: light resistance when teaching new skills
- Hands: Hands may develop calluses. Can use weight lifting gloves
- Layout: Keep the space clean and clear of debris

Circuit Training Format

Heavy load, compound movements	Combination Light load exercise complexes	Core Challenge: Standing	Core Challenge: Floor
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2-Phase Warm up: Dynamic General/KettleBell Specific

Dynamic Flexibility ROM movements All planes of motion Squat/Gate/Push/Pull/Rotate	Focus: Thoracic/hip/ankle mobility Lumbar/Scapulothoracic stability
Goblet Squat Shoulder press, bottoms up Combine Squat Figure 8 Halo	Ribbon Hand-to-hand pass Satellite Transverse swing w-hand-to-hand pass

Program Design: Mix and Match

Heavy KettleBell Complexes: 1st Circuit

	Perform 8 reps x 2-5 sets with 30-60 seconds rest between sets	Coaching Points Always neutral spine and neck, hip hinge
1.	Bilateral Dead lift	Knees soft, Hips back/hinge, neutral spine, neutral neck
2.	Goblet Squat	Hips back/hinge, neutral spine, chest high, shoulders back, knees tracking
3.	High Pull	Explosive squat/hip drive, elbows level with shoulders
4.	Hard-style Swing	Knees soft, hips back/hinge, neutral spine/neck, explosive hip drive, minimal upper body

Light Movement Flows: 2nd Circuit

	Perform 12-15 reps x 2-4 sets with 30-60 seconds rest between sets	Coaching points Always neutral spine and neck, hip hinge
1.	Alt Swing 8's, 4's, 2's, singles	Knees soft, explosive hip drive, minimal upper body, exchange high
2.	Clean and Press	Hip drive/explosive. 'Wrap' KB around wrist, vertical press, to/from rack position
3.	Shoulder Press	From rack position, vertical press, core engaged, check lumbar spine
4.	Windmill	Weight shift, soft knees, chest open, arm vertical, head turned, eyes up, frontal plane
5.	Turkish Get Up	Arm remains vertical, chest/hips high on bridge, chest open on elbow
6.	Front Lunge and Figure-8	Both knees bend, pass from inside to outside, knee/foot alignment, hip hinge

7.	Side lunge and Swing	Feet parallel, explosive push-back, minimal upper body, pass at the top of movement
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Standing Core Flow: 3rd Circuit

	Perform 8-12 reps x 2-4 sets with 15-30 seconds rest between sets	Coaching points Whole body movement, integrated
1.	Halo	Neutral lumbar/cervical, KB moves behind head, knees soft,
2.	Ribbon	Move whole body, hips, knees, pivot feet, shift weight R/L, KB moves behind head
3.	Russian Twist	Move whole body, hips, knees, pivot feet, shift weight R/L, flip KB in hook grip
4.	Single-legged Dead Lift	Contra-lateral loading, knee soft. Toe down or lifted, neutral spine/neck, navel to spine
5.	1-Arm Row	Shoulder down, elbow high, neutral spine/neck, navel to spine

Floor Core Complexes: 4th Circuit

	Perform 8-12 reps x 2-4 sets with 15-30 seconds rest between sets	Coaching Points Maintain neutral spine on floor exercises
1.	½ Turkish Get Up	Arm remains vertical, chest pressed open, roll to elbow, move to hand
2.	High Bridge from TGU	Drive hips high, open chest, eyes on KB, navel to spine Spread fingers
3.	Double Leg Stretch	Lumbar spine neutral, head down, navel to spine, control movement
4.	Plank	Neutral spine, head/neck alignment, navel to spine, breathe

