

Kettlebell Instructor Training



Course Benefits

This course will give you the ability to perform and teach a huge variety of demanding but highly effective kettlebell exercises and is aimed at Gym Instructors and Personal Trainers wishing to acquire an understanding of the theory and application of safe, effective and fun kettlebell training.

Course Content

- History and benefits of kettlebell training
- Health and safety considerations
- Correct use and teaching of kettlebell exercises
- Kettlebell warm up drills
- Kettlebell exercises and programme design

Entry Requirements

A REPs accredited gym instructor qualification is required for acceptance on this course.

Length and Format of Course

This course consists of a one day workshop at selected Premier venues.

Assessment

Students are practically assessed towards the end of the workshop.

Qualifications

Students will receive a Premier Certificate in Kettlebell Instructor Training

Next Steps

You may wish to consider the Tri-planar Kettlebell Instructor Training, Premier Medicine Ball and Core Stability workshops as useful additions to this course.

For more information contact our
National Sales Team on:

T 0845 1 90 90 90

E courses@premierglobal.co.uk

www.premierglobal.co.uk