



KBT & BWLA Advanced High Intensity Training Course – 1 day

Introduction

Advanced Physiological principles of (HIT) High Intensity Training, including exercise concepts and how to apply them.

Advanced H.I.T exercise and Physiology and workout routines

Class room based learning for Advanced HIT.

1. Re-visit the application of specific exercise techniques; cadence, isolation vs. compound movements
2. Human physiology and true exercise and specific exercises.
3. Exercise order: Achieving optimal muscular growth and strength stimulus by momentarily placing the muscular skeletal structures at the most physiologically disadvantaged position.
4. Non-Variability in exercises to achieve success.
5. Optimal Integration of Barbell and Machine exercises.
6. Harder not longer: recovery and growth in advanced athletes.
7. Stoicism in training and the homunculus.
8. Exercise Intensity vs form
9. Achieving genetic potential
10. Whole body workouts and specialisation routines.
11. Psychological issues.
12. Nutritional issues.

Producing the adaptations of superior functional ability

Gym based learning and Advanced HIT workout.

1. Practical learning and demonstration of exercise movement techniques.
2. Client/trainer Communication when Performing High Intensity Training workout.
3. Experiencing the Advanced workout of your life.
4. Applying Advanced strength developing techniques correctly utilising isolation and compound movements with barbells and machine based equipment.
5. Practical exam demonstrating ability to teach Advance exercise techniques and Communicate with clarity the concepts behind them.
6. As part of the practical exam, demonstrate coaching skill, professional manner, encouragement and ability to deal with a metabolically distressed client.





7. Guidelines for designing and implementing Advanced H.I.T workout.

Course Content

1. Classroom Based Learning
2. Gym Based Learning
3. Theory Exam based on completing a short paper explaining and underpinning the key concepts, both physiological and practical to demonstrate knowledge.
4. Q&A Session

Course Benefits

- 1 **BWLA Recognised Strength & Conditioning Qualification.(Est 1957)**
- 2 **BWLA Membership**
- 3 Kettlebelltrainer Level 2 recognised.
- 4 Optional Subsidised BWLA Public & Professional Liability Insurance
- 5 Optional Life insurance options
- 6 Opportunity to become a member of the Kettlebelltrainer National Coaching Team (Pending successful completion of the course and an interview with the KBT Team).

Course Cost - £199 Per person.

