



KBT & BWLA Advanced All Round Strength & Conditioning Course – 1 day

Introduction

An overview on advanced Strength & Conditioning movements and there application to enhancing performance.

Old School Olympic Lifting, Compound lifts & Plyometrics

- 1 Learning and performing the Power Versions of the Olympic Lifts and related lifts.
- 2 Power Snatch Split Style
- 3 Power Clean & Jerk Split Style
- 4 Over Head Split Squats, Split Squats, Lunges, Step ups.
- 5 Plyometrics

Powerlifting Variations

- 1 Learning and performing the Powerlifts and variations.
- 2 Partial, Eccentric and Isometric Squats (Using power cage)
- 3 Partial, Extended and Isometric Deadlifts (Using Power cage/base)
- 4 Partial, Eccentric and Isometric Bench Press (Using power cage)

Oddlifts & Advanced Kettlebells

- 1 Learning and performing Oddlifts & Advanced Kettlebell lifts
- 2 1 Arm Barbell Power Snatch
- 3 1 Arm Barbell Power Clean & Jerk
- 4 1 Arm Deadlift (both versions)
- 5 Suitcase Deadlifts
- 6 Zercher Squats
- 7 Side Press
- 8 Pullups/Chinups & Variations
- 9 2 arm KB Snatch & Variations
- 10 2 arm KB Cleans & Variations
- 11 2 arm KB Jerks
- 12 2 arm Squats & Pistols
- 13 2 arm 1 leg deadlifts
- 14 2 arm Military Press/Bottom Up Press
- 15 Renegade Rows
- 16 2 arm Floor Press
- 17 Sots Press





Course Content

- 1 Practical exam demonstrating ability to teach Olympic lifts, Powerlifts and Oddlifts, kettlebell lifts, Ensuring Health & Safety Protocol is followed.
- 2 General guidelines for designing and implementing strength & conditioning programs including the above.
- 3 Theory Exam based on completing a 4 week mesocycle including the above lifts.
- 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 - £349.00 per person.

