



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

Introduction

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

Olympic Lifting

- 1 Learning and performing the Power Versions of the Olympic Lifts and related lifts.
- 2 Power Snatch
- 3 Power Clean & Jerk, Power Clean & Military Press
- 4 Olympic Back Squat & Front Squat, RDL's, Overhead Squats, Hack Squats.

Powerlifting

- 1 Learning and performing the Powerlifts.
- 2 Squat
- 3 Deadlift/Sumo Deadlift
- 4 Bench Press

Kettlebells, Grippers & Advanced Bodyweight Drills

- 1 Learning and performing the Kettlebell lifts
- 2 Snatch & Variations
- 3 Cleans & Variations
- 4 Jerks
- 5 Pistols/Squats/Lunges
- 6 1 leg deadlifts
- 7 Military Press/Bottom Up Press
- 8 1 Arm KB Row
- 9 Floor Press
- 10 Pullover
- 11 Turkish Getups
- 12 Handstand Press-ups
- 13 Grippers





Course Content

- 1 Practical exam demonstrating ability to teach Olympic lifts, Powerlifts and 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 1 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 - £299.00 per person.

