



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

### **Introduction**

Overview of Strength & Conditioning and its application to enhancing performance.

### **Olympic Lifting**

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

### **Power lifting**

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

### **Kettle bells, Grippers & Advanced Bodyweight Drills**

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





## Course Content

- Practical exam demonstrating ability to teach Olympic lifts Power lifts and kettle bell lifts, Ensuring Health & Safety Protocol is followed.
- General guidelines for designing and implementing strength & conditioning programs including the above.
- Q&A session

## Course Benefits

1. BWLA Recognised Strength & Conditioning Qualification.(Est 1957)
2. BWLA Membership
3. Optional Subsidised BWLA Public & Professional Liability Insurance

Opportunity to become a member of the Kettlebell trainer National Coaching Team (Pending successful completion of the course and interview with the KBT Team)

## Pricing

Cost of Course - £299.00 per person.



Accredited by BWLA The Official British Weightlifting Association since 1957.