



KBT Kettlebell Workshop 2-3 hours per session

Introduction

Whether you are new to Kettlebells and want to lose weight and tone up in your own time, we have the perfect workshop for you.

Workshop Content

- Overview of kettlebells (discussion & demonstration)
- Learning and performing the key movements
 1. Swing
 2. Dead Snatch/Snatch
 3. Dead Clean/Clean & Jerk
 4. Squat/Lunges
 5. Military Press
 6. Bent Over Row/1 Arm KB Row
 7. Floor Press
 8. Straight Arm-Pullover
 9. Towel Curl
 10. Towel French Press
 11. Turkish Getup
- Understanding common mistakes and how to avoid them
- General guidelines for kettle bell program design and inclusion with existing training

Q&A session

Pricing

Cost of Course - £125.00 per person.