

Ausführliche Informationen zu den einzelnen Inhalten des EKI 1:

# Extreme Kettlebell Instructor Course Level 1 – Overview

## Day 1

- **Kettlebell History**

- A detailed look at where kettlebells have come from and who has used them.

- **Why Kettlebells?**

- The benefits of kettlebells over other equipment

- **Kettlebell Safety**

- Covering the points that are most important for safe kettlebell training in the gym environment

- **Relevant Functional Anatomy and the Kettlebell**

- Analysis of optimal alignment and posture
- Movement patterns and types of muscular contraction
- Elastic potential and its importance in movement
- The posterior chain and its importance in posture and performance
- Full range of movement, triple extension and hip extension:
- The importance of these areas and practical demonstrations to improve performance
- Reciprocal inhibition, Synergistic Dominance, Intra Abdominal and Intra Thoracic Pressure:
- Explanations and practical demonstrations into how these terms effect the performance of the moving body.

All of the exercises taught in the 2 day course are broken down and trainers will learn all of the necessary techniques to perform them safely and effectively. They will also learn the variations for the exercises and the benefits of each exercise for the body.



## The Swing

- Techniques and tools to:
  - extend thoracic
  - improve hip extension

- recruit the posterior chain
- asses muscular firing sequences
- Variations – single and alternating

### **The Clean**

- Variations – double and clean and press

### **The Snatch**

### **The Front Squat**

- Techniques to:



- Improve thoracic strength
- Increase depth of the squat

### **Double Military Press**

- Techniques to improve strength across the body
- Variations – single, alternating

### **The Windmill**

- Techniques to increase strength across the shoulder joint

### **The Turkish Get Up!**

- Creating a strong base of support throughout the body

## **Day 2**

### **Introduction to the day Practical Assessment**

- Swing

- Snatch
- Double dead clean
- Front squat
- Military press
- Windmill
- Turkish get up

### **Methods of Teaching and Learning**

- Skill learning
- Teaching practice
- Learning models

### **When Instructing**

- Instructing practice

### **Training Plan/ Periodisation**



- Linear western approach
- Conjugate theory
- Implementing kettlebells into training
- When to use kettlebells
- How to start with kettlebells

### **Components of a Session**

#### **Planning a Session**

#### **Extreme Training Systems Method**

3 challenging kettlebell workouts which you can take away and use the next day

- Extreme Strength and Structure
- Extreme Conditioning
- Extreme Endurance

## **Demonstrations by the Instructors**

### **Conclusion**

### **Continuing Development and Learning**

#### **Facts**

- 16 hours of contact time with the instructor
- REPs accredited with 16 CPD points
- Mapped to Level 3 REPs
- The highest level of CPD points for any kettlebell course in the UK
- A 60 page manual with all theory and practical notes for the course

#### **Benefits**

- The widest range of exercises taught in a kettlebell instructor course.
- Learn valuable tools to improve your clients performance.
- Learn great tools to improve technique and improve movement.
- Learn the best ways to start using kettlebells with clients.
- 3 great workouts which you can use with your clients straight away.
- The only course in the UK to incorporate advanced theoretical knowledge of movement with kettlebell training.
- Become one of the UK's growing number of EKI trainers.
- Become a member of Extreme Kettlebells and receive:
  - Your own section on the Extreme Kettlebell website to gain new clients in your area.
  - Use of the Extreme Kettlebell logo to market your business.
  - Discounts of further courses.

#### **Available To**

Personal Trainers, Strength and Conditioning Coaches and other Health Practitioners

#### **Assessment Procedure**

Practical: Physical performance of the 7 core exercises. Men above 75kg will perform the swing and snatch with 24kg, below 75kg they will perform it with a 20kg.

Women above 50kg will perform it with a 12kg, below 50kg will perform it with an 8kg.

Teaching Skills Assessment: Delegates will be assessed on their ability to teach the 7 core exercises.

#### **Course Information**

Contact Time: 16 hours

Pre Course Preparation: Yes

REPs Accredited: 16 CPD points

Assesment: Yes

Manual Provided: Yes