

# ISA Advanced Kettlebell Course

(Powered by BlackJacqStrength)



This course is for intermediate fitness enthusiast and current fitness instructors who like to advance their knowledge on kettlebell movements and the skill to teach a kettlebell group class. This is also for fitness professionals who like to learn more about designing kettlebell workouts, teaching skills such as cueing communication to conduct kettlebell workout sessions.

This course also covers in more detailed the importance of proper alignment, posture, good form and technique of kettlebell movements, progressions & regressions in conducting group classes, correction techniques and cues to promote the safe handling and training with the kettlebell. 80% of the class will be spent on practical practice.

## - DETAILS YOU NEED TO KNOW -



**Course Duration**

7 hours over 1 day  
9am – 5pm (w/ break)



**Course Date**

16 Mar 2024 (Sat)



**Course Fees**

\$450.00



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SKILLSFutureSG

**UTAP**

- SkillsFuture Credits: For Singaporeans 25 years old and above
- UTAP: 50% of unfunded course fees (before GST) for NTUC members with minimum 75% attendance rate, capped at \$250.00/year for members below 40 years old, and \$500.00/year for members 40 years and above

**Continuing Education Credits (if applicable)**

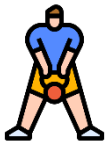


5.0 CoachSG CCE Hours awarded upon completion (only for NROC Registered Coaches)



0.7 ACE CECs awarded upon completion (only for ACE Fitness Professionals)

## - ENTRY REQUIREMENTS -



- Completed ISA Introduction to Kettlebell Course (Powered by BlackJacqStrength) **OR**
- Certified Personal Trainer/Coach<sup>^</sup> (ACE, NSCA, CoachSG or equivalent), **AND**
- Able to submit a video\* showing good execution of the following 3 kettlebell movements (within 1 min per movement):
  - 20 repetitions of single arm kettlebell swing (10 each side)
  - 20 repetitions of single arm kettlebell snatch (10 each side)
  - 20 repetitions of kettlebell clean and press (10 each side)

<sup>^</sup> A copy of your current certification will be requested for verification purposes.

\* Video to be submitted via email/google drive link/wetransfer to [info@isa.edu.sg](mailto:info@isa.edu.sg). Kindly ensure that your name is properly labelled as the video name for easy identification.



## - MATERIALS YOU WILL RECEIVE -

- ISA Advanced Kettlebell Course Notes
- **COMPLIMENTARY** ISA-BlackJacqStrength Kettlebell Exercise Book

## - HOW TO REGISTER IN 5 EASY STEPS -

- Step 1 Access the registration form at [www.isa.edu.sg/advanced-kettlebell](http://www.isa.edu.sg/advanced-kettlebell)
- Step 2 Fill up the form and complete it before the registration deadline
- Step 3 You will receive the invoice with payment details in 2-3 working days
- Step 4 Make full payment to confirm your slot
- Step 5 Wait for course materials (if any) to be sent to you on the first day of the course

**REGISTRATION ENDS ON 11 MAR 2024, 1800 HRS**

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<p><b>Part 1</b> <b>(9am – 12.30pm)</b></p>	<p><b>Kettlebell Movements Review and Analysis (from Level 1)</b></p> <ul style="list-style-type: none"> <li>• Movement Review of Swing, Squat, Deadlift (including variations), Clean &amp; Press, Lunge, and Snatch</li> <li>• Identifying and Correcting Form and Techniques</li> <li>• Progressions and Regressions</li> </ul> <p><b>Managing Group Workouts</b></p> <ul style="list-style-type: none"> <li>• Learning Styles and Stages</li> <li>• Floor Set-Up</li> <li>• Cueing Communication</li> <li>• Correction Techniques</li> <li>• Other Considerations (e.g. Choice of Music)</li> </ul> <p><b>Designing a Group Kettlebell Workout</b></p> <ul style="list-style-type: none"> <li>• Training Goals and Parameters for Endurance, Hypertrophy and Strength Workouts</li> <li>• Designing Kettlebell Workouts</li> <li>• Teaching Cues and Communications – Do’s and Don’ts</li> <li>• Group Teaching Practice</li> </ul>
<p><b>Part 2</b> <b>(1.30pm – 5pm)</b></p>	<p><b>Advanced Kettlebell Movements</b></p> <ul style="list-style-type: none"> <li>• Double Kettlebell Movements – Renegade Rows, Gorilla Cleans &amp; Rows, Double Clean and Press, Alternate Overhead Press, and Double Snatch</li> </ul> <p><b>Kettlebell Workouts</b></p> <ul style="list-style-type: none"> <li>• Kettlebell Combination Workouts – Body Weight and Animal Flows, including appropriate dynamic warm-ups</li> <li>• Teaching Cues, Common Mistakes and Correction Techniques</li> <li>• Progressions and Regressions</li> <li>• Kettlebell Flows – Understanding and Designing a Kettlebell Flow Workout</li> <li>• Group Practice</li> </ul> <p><b>Assessment</b></p> <ul style="list-style-type: none"> <li>• Designing a Workout (All participants will be required to discuss and design a workout session and demonstrate it in 3 mins. Practice will be allowed and feedback will be provided by both peers and instructor.)</li> </ul>

