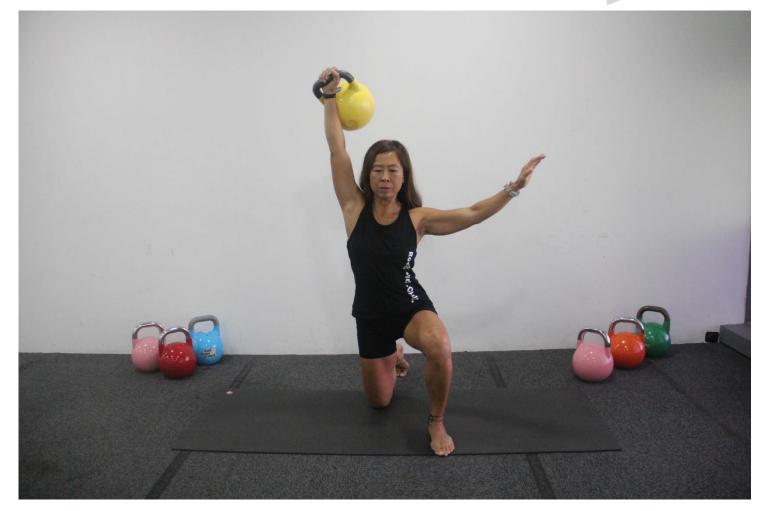
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ISA Advanced Kettlebell Course

(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 -

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



Course Date 19 Jul 2025 (Sat)



Course Fees \$450.00

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1 Stadium Place #01-11 (S) 397628

www.isa.edu.sg



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SkillsFuture Credits:

All Singaporeans aged 25 and above can use their \$500 SkillsFuture Credit from the government to pay for a wide range of approved skills-related courses. Visit the SkillsFuture Credit website (www.skillsfuture.gov.sg/credit) to choose from the courses available on the Training Exchange course directory

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- Please refer to the relevant course page in mySkillsFuture (mySF). <u>https://www.myskillsfuture.gov.sg/content/portal/en/training-exchange/course-directory/course-detail.html?courseReferenceNumber=TGS-2023036429</u>
- UTAP

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[^] (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):
 - \circ 20 repetitions of single arm kettlebell swing (10 each side)
 - \circ 20 repetitions of single arm kettlebell snatch (10 each side)
 - 20 repetitions of kettlebell clean and press (10 each side)

[^] A copy of your current certification will be requested for verification purposes.

* Video to be submitted via email/google drive link/wetransfer to <u>info@isa.edu.sg</u>. Kindly ensure that your name is properly labelled as the video name for easy identification.





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- 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 <u>www.isa.edu.sg/advanced-kettlebell</u>
- 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 14 JUL 2025, 1800 HRS



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ISA Advanced Kettlebell Course

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Part 1	Kettlebell Movements Review and Analysis (from Level 1)
(9am – 12.30pm)	Movement Review of Swing, Squat, Deadlift (including variations), Clean &
	Press, Lunge, and Snatch
	Identifying and Correcting Form and Techniques
	Progressions and Regressions
	Managing Group Workouts
	Learning Styles and Stages
	Floor Set-Up
	Cueing Communication
	Correction Techniques
	Other Considerations (e.g. Choice of Music)
	Designing a Group Kettlebell Workout
	Training Goals and Parameters for Endurance, Hypertrophy and Strength Workouts
	Designing Kettlebell Workouts
	 Teaching Cues and Communications – Do's and Don'ts
	Group Teaching Practice
Part 2	Advanced Kettlebell Movements
(1.30pm – 5pm)	 Double Kettlebell Movements – Renegade Rows, Gorilla Cleans & Rows, Double Clean and Press, Alternate Overhead Press, and Double Snatch
	Kettlebell Workouts
	 Kettlebell Combination Workouts – Body Weight and Animal Flows, including appropriate dynamic warm-ups
	 Teaching Cues, Common Mistakes and Correction Techniques
	 Progressions and Regressions
	 Kettlebell Flows – Understanding and Designing a Kettlebell Flow Workout
	 Group Practice
	Assessment
	• 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.)

