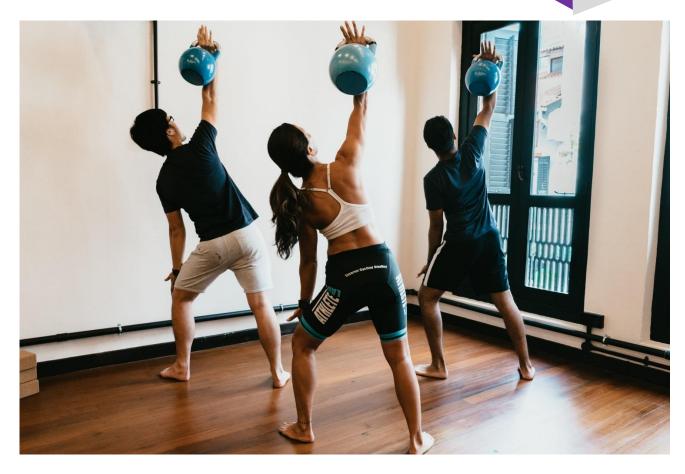




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This course is for fitness enthusiast and current fitness instructors who like to learn more on the techniques of kettlebell movements, a kettlebell workout program, and the unique benefits of the kettlebell workout. This course allows you to review your own posture and kettlebell technique that will reap the benefits of not only strength due to the resistance training principles but also the ability to gain knowledge on proper posture and functional mobility. This is a practical-based class with 80% spent on practical practice.

#### - DETAILS YOU NEED TO KNOW -



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



Course Date
6 Dec 2025 (Sat)

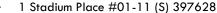


Course Fees \$350.00

















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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
  - Please refer to the relevant course page in mySkillsFuture (mySF).

    <a href="https://www.myskillsfuture.gov.sg/content/portal/en/training-exchange/course-directory/course-detail.html?courseReferenceNumber=TGS-2021007101">https://www.myskillsfuture.gov.sg/content/portal/en/training-exchange/course-directory/course-detail.html?courseReferenceNumber=TGS-2021007101</a>



• 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)



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



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

#### - WHO IS THIS COURSE FOR? -



- New to kettlebell training as a muscular strength program
- Has some exposure to the kettlebell in circuit training format
- Occasionally trains with a kettlebell and like to learn more about proper form and technique of a kettlebell workout for everyday

#### - MATERIALS YOU WILL RECEIVE -



- ISA Introduction to Kettlebell Course Notes
- COMPLIMENTARY Kettlebell





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#### - HOW TO REGISTER IN 5 EASY STEPS -

sieb i	Access the registration form at <u>www.isa.eau.sg/kettlebeil</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 1 DEC 2025, 1800 HRS** 









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### - COURSE SYLLABUS AND SCHEDULE -

Part 1	Theory	Practical
(9am – 12.30pm)	Introduction to Kettlebells	Kettlebell Warm-Up
	Benefits of Kettlebells	<ul> <li>Wrist, Shoulders, Rotator Cuff</li> </ul>
	<ul> <li>Types of Kettlebells</li> </ul>	Thoracic, Lumbar
		Hip, Knee, Ankle
	How to choose a Kettlebell	KettleBell Exercises - The Base
	Weight to use	
	<ul> <li>Safety handling</li> </ul>	The Swing
		The Deadlift
	Safety	The Clean & Overhead Press
	<ul> <li>Contraindications</li> </ul>	The Squat
	<ul> <li>Injury prevention</li> </ul>	Racking
	Posture & Mobility	Progressions & Regressions
	Hip Hinge	
	Deadlift vs Squat	
	Forward and Reverse Lunge	
	Wrist positions	
	Lunch Break (12.30pn	n – 1.30pm)
Part 2 Theory		Practical
(1.30pm - 5pm)	Understanding Kettlebell	Kettlebell Workout – The Flow Sets
	Workouts	• 5x5 (Short and Sharp)
	<ul> <li>Training Goals &amp; Parameters</li> </ul>	Tabata (HIIT)
	<ul> <li>Strength Programming Principles</li> </ul>	Pyramid (Muscular Endurance)
		Cardio (with body weight exercises)
	Design your own Kettlebell	Kettlebell Workout – The Core
	Workout	<ul> <li>Traditionals: Turkish Gets-Ups, Russian Twist, Renegade Row</li> <li>BlackJacq Signature KCore: Banana</li> </ul>
	Endurance Workout	
	Strength Workout	
	<ul> <li>Supersets / Compound Workout</li> </ul>	Series of Exercises
	<ul> <li>Combo Workout – HIIT flow, Animal Flow, Core Flow</li> </ul>	









www.isa.edu.sg