

2026 Kettlebell For Seniors

Prepared by Blackjacqstrength Programs 2026



This course is suitable for active seniors, current personal trainers and coaches looking to expand their skills to include kettlebell strength training in their fitness routine or training sessions. The course will equip the participants with the right knowledge and practical skills in safe kettlebell movement catered for seniors. This course aims to emphasize how the kettlebell can be a relevant training tool that has direct carry-over benefits to activities of daily living (ADL) like carrying your groceries to playing with your grandchildren. The goal is to help the Seniors be functionally independent and have a good quality of life in their later years.

- DETAILS YOU NEED TO KNOW -



Course Duration

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



Course Date

17 October 2026
(Sat)



Course Fees

\$240.00

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Who is this for and entry requirements

- 50 years old and above, looking to learn how to exercise with Kettlebell

Appendix:

Clinical Frailty Scale (CFS)

CLINICAL FRAILITY SCALE

	1	VERY FIT	People who are robust, active, energetic and motivated. They tend to exercise regularly and are among the fittest for their age.
	2	FIT	People who have no active disease symptoms but are less fit than category 1. Often, they exercise or are very active occasionally, e.g., seasonally.
	3	MANAGING WELL	People whose medical problems are well controlled, even if occasionally symptomatic, but often are not regularly active beyond routine walking.
	4	LIVING WITH VERY MILD FRAILITY	Previously "vulnerable," this category marks early transition from complete independence. While not dependent on others for daily help, often symptoms limit activities . A common complaint is being "slowed up" and/or being tired during the day.
	5	LIVING WITH MILD FRAILITY	People who often have more evident slowing, and need help with high order instrumental activities of daily living (finances, transportation, heavy housework). Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation, medications and begins to restrict light housework.

	6	LIVING WITH MODERATE FRAILITY	People who need help with all outside activities and with keeping house . Inside, they often have problems with stairs and need help with bathing and might need minimal assistance (cuing, standby) with dressing.
	7	LIVING WITH SEVERE FRAILITY	Completely dependent for personal care, from whatever cause (physical or cognitive). Even so, they seem stable and not at high risk of dying (within ~6 months).
	8	LIVING WITH VERY SEVERE FRAILITY	Completely dependent for personal care and approaching end of life. Typically, they could not recover even from a minor illness.
	9	TERMINALLY ILL	Approaching the end of life. This category applies to people with a life expectancy <6 months, who are not otherwise living with severe frailty . (Many terminally ill people can still exercise until very close to death.)

SCORING FRAILITY IN PEOPLE WITH DEMENTIA

The degree of frailty generally corresponds to the degree of dementia. Common symptoms in **mild dementia** include forgetting the details of a recent event, though still remembering the event itself, repeating the same question/story and social withdrawal.

In **moderate dementia**, recent memory is very impaired, even though they seemingly can remember their past life events well. They can do personal care with prompting. In **severe dementia**, they cannot do personal care without help. In **very severe dementia** they are often bedfast. Many are virtually mute.



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Rockwood K et al. A global clinical measure of fitness and frailty in elderly people. CMAJ 2005;173:489–495.

NICA / ITE



- MATERIALS YOU WILL RECEIVE -

- 2026 KETTLEBELL FOR SENIORS Notes
- **COMPLIMENTARY** 4 Kg Soft Kettlebell suitable for Seniors

Assessment A practical assessment / role play will be conducted end of course to ensure that participants are able to apply what they learnt and be provided feedback.

Award

Upon completion of the course, each participant will be awarded a Certificate of Completion for ISA Kettlebell for Seniors Workshop.

- HOW TO REGISTER IN 5 EASY STEPS -

- Step 1 Access the registration form at <https://isa.edu.sg/registration/>
- 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 12 OCT 2026, 1800 HRS

- COURSE SYLLABUS AND SCHEDULE -

Theory	Practical
- Importance of Strength training for Seniors - Common physical limitations - Myths about strength training for seniors	- The Top 10 Kettlebell exercise for Seniors - Deadlift – Pick objects - Squat – Sit and Stand - Clean – Carry grandchild

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	○ Press – Lifting up to shelves ○ Swing – Explosive and Reactive power ○ Farmer's carry ● Progression & Regressions ● Safety Aspects : ○ Safe equipment ○ Location considerations ○ Safety aids
● Introducing Kettlebell Training ○ Traditional vs Kettlebell ○ Unique benefits of Kettlebell training	● Group Activity & Practical Assessment: ○ A role play and how to come up with a suitable Kettlebell exercise for different goals
● Strength Training Goal for Seniors ○ The Triad of Functional Independence ○ Group activity – Sharing on what are the examples in the Triad framework	

