ISA Introduction to Kettlebell Course

(Powered by BlackJacqStrength)



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
16 Jan 2027 (Sat)

Course Fees
$350.00

(65) 6423 0668
info@isa.edu.sg
223 Mountbatten Road, #03-15/16/17/18, Singapore 398008
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

  ➢ Please refer to the relevant course page in mySkillsFuture (mySF). https://www.myskillsfuture.gov.sg/content/portal/en/training-exchange/course-directory/course-detail.html?courseReferenceNumber=TGS-2021007101

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)

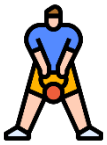
ACE

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

CoachSG

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 -

Step 1 Access the registration form at www.isa.edu.sg/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 JAN 2027, 1800 HRS

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- COURSE SYLLABUS AND SCHEDULE -

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

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