



EPTS Kettlebell Trainer Certification Course Outline

- **Introduction**
- **Hands-on**
 - Warm-up
 - general - calisthenics, flexibility, mobility
 - specific - the movements you plan to train
 - breathing while lifting kettlebells, anatomical vs. power
 - Static positions
 - grip
 - rack position (1&2 bells)
 - handle
 - fingers
 - wrist
 - “V”
 - elbow
 - knees / hips
 - lockout
 - Timed sets
 - all exercises except squat & swings
 - why timed sets?
 - Squat - basic biomechanics and bodyweight squat
 - 1-kb front squat
 - 2-kb front squat
 - Swing
 - 1-kb (1-arm)
 - 2-kb
 - Clean (Timed sets; 1-arm 2:00 MPH, 2-arm 2:00)
 - 1-kb clean
 - 2-kb clean
 - Press
 - 1-kb

- 2-kb
- Push-press
 - 1-kb
 - 2-kb
- Jerk (Timed sets; 1-arm 2:00 MPH, 2-arm 2:00)
 - position 1
 - position 2
 - position 3
 - 1 → jump to 2 → stand up to 3
 - tie the movement together
 - 1-kb
 - 2-kb
- Snatch & ½ snatch (Timed sets snatch-only; 1-arm 2:00 MPH, 2-arm 2:00)
 - 1-kb
 - 2-kb (1/2 snatch only for safety reasons)
- Long cycle variations [press, push-press, jerk] (Timed sets long-cycle jerk only; 1-arm 2:00 MPH, 2-arm 2:00)
 - 1-kb
 - 2-kb