

Kettlebell Training

CORRESPONDENCE EDUCATION PROGRAM #146

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Kettlebell Training

Course Objectives

After completing the Kettlebell Training course, the participant will:

1. Learn how kettlebell training can replace traditional time-consuming forms of training such as bodybuilding, long duration cardio, and group exercise classes.
2. Understand how the kettlebell changes the center of mass being lifted because the weight is extended beyond the hand.
3. Know the history of the kettlebell, from its creation in the Soviet Union to its use in competitions today.
4. Understand how kettlebells apply to functional training, and how incorporating them into your fitness program will be practical, versatile, unique, inexpensive, fun, efficient, and athletic.
5. Learn about the various types of kettlebells and kettlebell qualities such as load, handle style, handle thickness, spacing of handle, handle surface, diameter and shape, durability, and weight.
6. Understand the difference between kettlebell training compared to dumbbell or barbell training.
7. Learn the basic training requirements regarding space, attire, wrist wraps, weight belts, and chalk.
8. Know the basic kettlebell safety tips.
9. Learn the components of the FITT principle, how to measure them, and how to progress them.
10. Understand the concept of overload, specificity, and reversibility.
11. Learn the importance of setting goals and the SMART method of setting goals.

12. Learn basic assessments to determine readiness for kettlebell training and basic training safety tips.
13. Understand the physiological and psychological benefits of a warm-up and the four stages of a warm-up.
14. Learn a variety of joint mobility exercises for the fingers, wrists, elbows, shoulders, trunk, neck, hips, spine, ribs, knees, ankles, and toes.
15. Learn a variety of dynamic mobility exercises and static stretches to allow for more dynamic flexibility during the workout.
16. Understand the importance of the cool-down and the three phases which should be incorporated.
17. Learn proper kettlebell lifting technique including grip, chalking, and breathing.
18. Learn the technique, key principles, and common errors for introductory kettlebell moves, which include the swing, clean, press, push press, snatch and squat.
19. Understand the key principles of the introductory lifts and use those principles to move into intermediate lifts, which are more neurologically complex.
20. Learn the proper technique, key principles, and common errors for a variety of intermediate lifts.
21. Understand the factors that make an exercise advanced, such as increased emphasis on breathing, coordination, flexibility, strength, and power.
22. Learn the proper technique, key principles, and common errors for a variety of advanced lifts.
23. Understand how to create a program for fat loss, muscular strength and endurance, and strength and power, and learn sample programs for each.
24. Learn the basic exercise principles of individual differences, overcompensation, overload, progression, adaptation, reversibility, and specificity.



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Course Examination

For each of the following questions, circle the letter of the answer that best answers the question.

1. Which of the following statements regarding the obstacles to reaching your goal with modern fitness modalities is incorrect?
 - A. It requires no equipment.
 - B. Typical bodybuilding routines leave you feeling stiff and sore.
 - C. Jogging and cycling are too time consuming for many people.
 - D. Group exercise classes can be tough on the knees, hip and back.
2. Which country is responsible for the introduction of kettlebells?
 - A. United States
 - B. China
 - C. Afghanistan
 - D. Former Soviet Union
3. Which of the following statements comparing a dumbbell and a kettlebell is correct?
 - A. They have exactly the same benefits.
 - B. The center of mass of a kettlebell is extended beyond the hand.
 - C. The center of mass of a kettlebell is located in the palm of the hand.
 - D. The center of mass of a dumbbell is extended beyond the hand.
4. What was the original purpose of a kettlebell?
 - A. Cardiorespiratory fitness
 - B. Strength training
 - C. Counterweights used in local markets.
 - D. Counterweights used in construction.

5. In what decade did kettlebell lifting become a national sport in the Soviet Union?
 - A. 1910's
 - B. 1930's
 - C. 1940's
 - D. 1950's

6. Which of the following is not a reason to use kettlebells in your fitness training?
 - A. They are practical.
 - B. They are versatile.
 - C. They are unique.
 - D. They are expensive.

7. Which of the following is not challenged with a kettlebell workout?
 - A. Muscle isolation
 - B. Strength
 - C. Power
 - D. Endurance

8. Which of the following is incorrect regarding the design of a competition kettlebell?
 - A. The height is 8.5 inches.
 - B. The height is 10 inches.
 - C. The diameter is 8.25 inches.
 - D. The handle diameter is 1.4 inches.

9. In kettlebell sports, how many repetitions may be done?
 - A. 10 to 15
 - B. 15 to 30
 - C. 30 to 60
 - D. 100 to 150

10. What is a drawback of adjustable kettlebells?
 - A. You have to buy fewer kettlebells.
 - B. They are not made with the standard dimensions for competition training.
 - C. They take up less space.
 - D. They are less expensive.

11. Which of the following is not one of the things that Shot-Loaded adjustable kettlebells were filled with during the early part of the 20th century?
- A. Hydrogen
 - B. Mercury
 - C. Sand
 - D. Lead
12. What is the international standard for handle thickness for competition kettlebells?
- A. 10 millimeters
 - B. 15 millimeters
 - C. 25 millimeters
 - D. 35 millimeters
13. What is the standard spacing for the height of a good kettlebell?
- A. 25 millimeters
 - B. 35 millimeters
 - C. 45 millimeters
 - D. 55 millimeters
14. Which type of handle surface is recommended for serious kettlebell lifters?
- A. Painted handle
 - B. Smooth steel-polished handle
 - C. Powder-coated handle
 - D. Titanium handle
15. Which of the following can you use for finishing touches to the surface of the kettlebell handle?
- A. Paint remover
 - B. Chalk
 - C. Sandpaper
 - D. Oil

16. Which version of kettlebell is the strongest and lasts the longest?
- A. Aluminum kettlebells
 - B. Iron kettlebells
 - C. Steel kettlebells
 - D. Vinyl kettlebells
17. How much is the traditional Russian unit of measurement, the pood, in pounds?
- A. 16 pounds
 - B. 25 pounds
 - C. 35 pounds
 - D. 42 pounds
18. Which of the following is a drawback to using dumbbells compared to kettlebells?
- A. The center of mass extends beyond the hand.
 - B. The position of the dumbbell allows the grip, wrist, arm, shoulder, legs, and core to strengthen all in one line.
 - C. Dumbbells give your arm much more endurance.
 - D. Holding a dumbbell necessitates a cramped wrist.
19. Which part of the body does swinging the kettlebell between the legs activate?
- A. Posterior chain
 - B. Anterior chain
 - C. Lateral chain
 - D. Rotational chain
20. How much space do you need to do kettlebell training at home?
- A. 5 by 5 feet
 - B. 5 by 10 feet
 - C. 10 by 10 feet
 - D. 15 by 10 feet
21. What does the F stand for in the FITT Principle?
- A. Fundamentals
 - B. Frequency
 - C. Fun
 - D. Functional

22. What is the general recommendation for how many times per week you should exercise to maintain a healthy body and become more fit?
- A. 2 times
 - B. 3 times
 - C. 4 times
 - D. 5 times
23. Which two workout variables determine the total volume of exercise?
- A. Frequency and intensity
 - B. Frequency and time
 - C. Frequency and type
 - D. Intensity and type
24. What is one way to measure the intensity of the workout?
- A. Total workout time
 - B. Heart rate
 - C. Frequency of workouts
 - D. Type of workout
25. Which heart rate zone improves VO₂ max?
- A. Warm-up Training
 - B. Fitness or fat-burning zone
 - C. Aerobic training zone
 - D. Performance or anaerobic training zone
26. If you are planning a moderately intense workout, what should your rating of perceived exertion be on a scale of 1 to 10?
- A. 2 to 4
 - B. 4 to 6
 - C. 6 to 8
 - D. 8 to 10
27. In kettlebell lifting, all of the following apply to the time of the workout except:
- A. Pace
 - B. Heart rate
 - C. Tempo
 - D. Speed

28. Which of the following is not one of the ways that muscles adapt to your current fitness level?
- A. Tendon insertion
 - B. Overload
 - C. Specificity
 - D. Reversibility
29. What is a key component for success in kettlebell training?
- A. Type of kettlebell
 - B. Progression of lifts
 - C. Goal setting
 - D. Workout location
30. What does the M stand for in the acronym SMART goals?
- A. Meaningful
 - B. Measureable
 - C. Maintainable
 - D. Must have
31. Which of the following is an example of a specific goal?
- A. I want to lose weight.
 - B. I want to look good in a bikini.
 - C. I want to be more toned.
 - D. I will workout with kettlebells 3 days per week for 30 minutes and lose 15 pounds by the first of July.
32. Which of the following is incorrect regarding specific and challenging goals?
- A. It will not be meaningful to you.
 - B. It will lead to better performance.
 - C. It will be motivating.
 - D. There will be a greater sense of accomplishment when it is achieved.
33. Having a specific time frame to accomplish your goal accomplishes which of the following?
- A. It tells you when you will be finished training.
 - B. It helps you focus your energy on completing the goal by the set date.
 - C. It creates no sense of urgency.
 - D. It guarantees that you will reach your goal.

34. What does the Kettlebell Deadlift teach you?
- A. The strength of your lower back
 - B. The strength of your upper body
 - C. To keep your center of gravity in line vertically with your base of support.
 - D. To hold onto the kettlebell
35. Which of the following statements regarding the correct technique for the squat is incorrect?
- A. Start with feet shoulder width or slightly wider.
 - B. Sit back as if sitting in a chair.
 - C. Keep your chest lifted.
 - D. Weight should be shifted into the toes.
36. The plank is a movement to test the stability of all of the following except:
- A. The hips.
 - B. The shoulders
 - C. The midsection
 - D. The neck
37. Which of the following is not a phase of a well-designed kettlebell workout?
- A. Preparation phase
 - B. Intermediate phase
 - C. Main phase
 - D. Final phase
38. Which of the following is not a physiological benefit of a warm-up?
- A. Increased blood flow to muscles
 - B. Increased heart rate
 - C. Increased muscle temperature
 - D. Increased arousal
39. All of the following can occur due to an insufficient warm-up except:
- A. Chest pain
 - B. Increased production of synovial fluid
 - C. A sudden rise in pressure in the blood vessels.
 - D. Heart damage

40. If you are short on time, which of the four phases of the warm-up should be done before beginning any kettlebell workout?
- A. General warm-up
 - B. Dynamic mobility warm-up
 - C. Sport-specific warm-up
 - D. Static stretching warm-up
41. How long should you do the interlocked wrist rolls in each direction?
- A. 10 to 20 seconds
 - B. 30 to 60 seconds
 - C. 60 to 90 seconds
 - D. 90 to 120 seconds
42. How long should you hold the forearm extension and flexion in each direction?
- A. 2 seconds
 - B. 10 seconds
 - C. 30 seconds
 - D. 1 minute
43. Which of the following is not one of the neck mobility exercises to be done during the warm-up?
- A. Neck tilts
 - B. Neck rotations
 - C. Neck circles
 - D. Neck hyperextensions.
44. How many reps of hip circles should be done in each direction?
- A. 5 to 10 times
 - B. 10 to 15 times
 - C. 15 to 20 times
 - D. 20 to 30 times
45. Which drill involves folding forward at the waist, circling your trunk up and back into a gentle back bend, and repeating to the opposite side?
- A. Trunk twists
 - B. Lateral bends
 - C. Figure-eight waist circles
 - D. Spinal rolls

46. What do you use to counterbalance your lower body to remain balanced during the ankle bounces exercise?
- A. Hands
 - B. Shoulders
 - C. Hips
 - D. Knees
47. In general, how many repetitions should be completed with dynamic mobility exercises?
- A. 2 to 5
 - B. 5 to 10
 - C. 10 to 15
 - D. 20 to 30
48. Which dynamic mobility exercise involves clapping your hands in front of you and then clapping your hands palms together behind you?
- A. Hollow and Expand
 - B. Dynamic Clapping
 - C. Chest Opener
 - D. Bootstrappers
49. What are sport-specific warm-ups?
- A. Exercises that will lubricate the joints.
 - B. Exercises that will increase flexibility.
 - C. Exercises that mimic the main exercises to follow.
 - D. Exercises that will fatigue the muscles.
50. Which of the following is incorrect in regards to the effects of the cool-down?
- A. Heart rate and body temperature gradually decrease.
 - B. There is a decreased risk of blood pooling.
 - C. Reduces the risk of muscle soreness.
 - D. Keeps the breathing rate elevated.
51. How long should a proper cool-down last?
- A. 2 to 3 minutes
 - B. 5 to 15 minutes
 - C. 15 to 20 minutes
 - D. 30 minutes

52. Which of the following is not a common mistake when stretching?
- A. Using active stretching instead of passive stretching
 - B. Inadequate or insufficient warm-up
 - C. Insufficient rest between workouts
 - D. Overstretching
53. What is a fundamental objective for all athletic movements?
- A. Stamina
 - B. The body working together as one cooperative unit
 - C. Strength
 - D. Agility
54. What will an inefficient grip on the kettlebell cause?
- A. Inability to move through the exercise
 - B. Stronger grip strength
 - C. Decreased circulation to the forearms, wrists, hands, and fingers leading to premature fatigue
 - D. Increased forearm development
55. Which of the following is not a common incorrect grip when holding the kettlebell?
- A. Squeezing the palm
 - B. Holding too loosely
 - C. Holding with only the fingertips
 - D. Placing the index finger under the thumb
56. Which type of breathing involves inhaling on compression and exhaling on extension?
- A. Anatomical breathing
 - B. Radical breathing
 - C. Over breathing
 - D. Paradoxical breathing
57. What do you need to become comfortable with before swinging, cleaning, or pressing the kettlebell?
- A. The pressure on the palms
 - B. Chalking appropriately
 - C. Moving it from one hand to the other
 - D. Hip-hinging

58. Which kettlebell exercise is an amazing exercise for shoulder and cervical mobility?
- A. Around the body pass
 - B. Halo
 - C. Shoulder press
 - D. Kettlebell swings
59. Which part of the body does the kettlebell deadlift target?
- A. Posterior chain
 - B. Anterior chain
 - C. Lateral chain
 - D. Anterolateral chain
60. What is the foundation movement of all the classical kettlebell lifts?
- A. Box squat
 - B. Kettlebell deadlift
 - C. Single swing
 - D. Single clean
61. What is the position called when the kettlebell is resting on the chest and arm?
- A. Rack position
 - B. Closed position
 - C. Rest position
 - D. Open position
62. What is one of the main limitations to learning the proper rack position?
- A. Inadequate strength
 - B. Inadequate grip
 - C. Inadequate flexibility
 - D. Inadequate stamina
63. Which of the following is not a flexibility drill for improving the rack position?
- A. Wall push
 - B. Bridging
 - C. Plank
 - D. Yoga Eagle stretch

64. Which of these statements regarding the single press is incorrect?
- A. It is a total lower body movement.
 - B. It is a total upper body movement.
 - C. It is the beginning progression for more advanced overhead exercises.
 - D. It teaches the correct alignment in overhead positions.
65. Where does the lift initiate during the push press?
- A. Deltoids
 - B. Triceps
 - C. Latissimus Dorsi
 - D. Legs
66. Which of the following is not a stage of the snatch?
- A. Inertia swing
 - B. Deceleration with hips and trapezius
 - C. Overhead lockout
 - D. Direction change into the drop
67. Which of the following is not a goal for a quality squat movement?
- A. Feet flat on the ground
 - B. Knees in a valgus position
 - C. Hips back to carry some of the load to reduce excessive load on the knees
 - D. Trunk upright
68. What makes the intermediate exercises different from the introductory exercises?
- A. Increase in neurological complexity
 - B. Increase in speed
 - C. Increase in weight
 - D. Increase in repetitions
69. Which of these is not a key principles of the basic exercises?
- A. The swing involves hinging and flexing the hips.
 - B. The clean teaches acceleration, hand insertion, and deflection of the body.
 - C. The press and push press teach fixation and how to deflect force.
 - D. The snatch combines inertia, acceleration, insertion, fixation, and deflection in one exercise.

70. What type of exercises are single-leg exercises?
- A. Ankle dominant
 - B. Knee dominant
 - C. Hip dominant
 - D. Back dominant
71. Which of the following is not a key principle for the variations of the single-leg deadlift?
- A. Maintain neutral spine throughout the exercise.
 - B. Crease at the waist rather than the hips.
 - C. Tense your whole body during the exercise because balance is being challenged.
 - D. Breathing can be anatomical or paradoxical.
72. Which of the following is not a benefit of the thumb forward position during the double swing?
- A. Faster pace
 - B. Minimal shoulder activity
 - C. Maximal shoulder activity
 - D. Greater reliance on leg drive
73. Which of the following statements regarding the rack position with two kettlebells is incorrect?
- A. Knees are slightly bent.
 - B. Elbows are touching the torso and pointing toward the hips.
 - C. Hands are deep in the handles and wrists are in a neutral, relaxed position.
 - D. Kettlebells are toward the midline as much as possible to keep the combined center of mass over the base of support.
74. What is the purpose of popping onto the toes after the backswing and during the first part of the forward swing, at the end of the inertia phase, and during the start of vertical acceleration?
- A. Increased knee stabilization
 - B. Decreased extension into the lift
 - C. Use more energy on each repetition
 - D. Increased vertical extension and involvement of the high-endurance musculature of the calves.

75. Why is a front squat with two kettlebells significantly more challenging than a front squat with one kettlebell?
- A. It creates a rotational component, which will make balance more difficult.
 - B. It restricts breathing because of the load of the kettlebells on the chest and abdomen.
 - C. The kettlebells will try to pull you backwards off balance.
 - D. It causes increased firing of the hip flexors.
76. Which exercise is considered to be the most technical of all the kettlebell exercises?
- A. Single-leg deadlift
 - B. Push-press
 - C. Double front squat
 - D. One-arm jerk
77. Which of the following is not a common error when performing the one-arm clean and jerk?
- A. Banging your wrist or forearm with the kettlebell
 - B. Lack of flexibility to extend the hips in the rack position
 - C. Descending too quickly into the half squat
 - D. Slow transition from the under-squat to lockout
78. Which of the following is incorrect regarding the farmer's carry exercise?
- A. It is a conditioning exercise for only the shoulders and trapezius.
 - B. It is one of the least technical exercises.
 - C. It is a test in the ability to endure discomfort.
 - D. It has tremendous value in developing grip strength and core stability,
79. Which of the following is not a common error in the renegade row exercise?
- A. Rotating the torso while pulling
 - B. Not rotating through the hips while pulling
 - C. Using the biceps to pull instead of the muscles of the back
 - D. The hips sagging

80. Which stage of the windmill is a way of increasing the core requirements when the weight over the head becomes too heavy to control?
- A. Low Windmill
 - B. High Windmill
 - C. Double Windmill
 - D. Extended Windmill
81. What is the Turkish get-up appreciated for being similar to?
- A. Carrying a load on one side
 - B. Primal rolling patterns
 - C. Hip hinging
 - D. Frontal plane movement
82. Where should rotation be occurring during the Russian twist?
- A. Cervical spine
 - B. Thoracic spine
 - C. Lumbar spine
 - D. Hips
83. Which of the following is not emphasized in the advanced exercises?
- A. Breathing
 - B. Coordination
 - C. Flexibility
 - D. Speed
84. What is the difference between the conventional clean and the bottoms-up clean?
- A. Altered hip and knee mechanics
 - B. Different starting position
 - C. Different final position
 - D. There is no swing between the legs
85. Which of the following is not a benefit of the bottoms-up clean?
- A. It decreases hip involvement
 - B. It requires a higher level of mental focus
 - C. It increases grip work
 - D. It increases core work

86. What is the greater challenge to the double alternating clean as compared to the single arm clean?
- A. You will have too much backswing.
 - B. You will have to pull the kettlebell up from a hang position.
 - C. You will have the power of momentum.
 - D. You will have to use a more powerful hip thrust.
87. Which of the following is more challenging when performing the double alternating clean?
- A. One-count variation
 - B. Two-count variation
 - C. Three-count variation
 - D. Four-count variation
88. Which of the following is not a common error when performing the double snatch?
- A. Lack of connection between the arm and the hips and torso during the up swing.
 - B. Too much deflection on the upswing and while dropping during the downswing.
 - C. Hitting your wrist or forearm with the kettlebell.
 - D. Vertical trajectory on the backswing instead of horizontal.
89. Which exercise is one of the most advanced movements you can do in kettlebell training?
- A. Bottoms-up press
 - B. Double alternating clean
 - C. Double snatch
 - D. Double alternating snatch
90. The double jerk develops all of the following attributes except:
- A. Explosiveness.
 - B. Flexibility.
 - C. Agility
 - D. Strength

91. Which kettlebell exercise is the most comprehensive kettlebell lift?
- A. Double snatch
 - B. Double alternating snatch
 - C. Double jerk
 - D. Double clean and jerk
92. What is developed in the bottoms-up push-up?
- A. Posterior chain control and core stability
 - B. Vertical pressing strength and posterior chain control
 - C. Horizontal pressing strength and anterior core stability
 - D. Horizontal and vertical pressing strength
93. What type of breathing should be used when doing the single or double overhead squat?
- A. Paradoxical breathing
 - B. Synchronized breathing
 - C. Anatomical breathing
 - D. Rational breathing
94. What is instinctual training?
- A. Following common workout programs that have given success to others.
 - B. Training however you feel like training
 - C. Following goal specific guidelines
 - D. Following sport-specific guidelines
95. What are the most effective fat-loss programs based on?
- A. High-intensity circuit-type workouts
 - B. Lower volume and heavier load workouts
 - C. Moderate loads for longer duration workouts
 - D. Higher volume and heavier load workouts
96. Which hormone starts to increase dramatically after 45 minutes of exercise?
- A. Testosterone
 - B. Growth hormone
 - C. Cortisol
 - D. Epinephrine

97. In the sample fat-loss programs, how many reps should be completed for the double swing, double clean, and double front squat?
- A. 8
 - B. 10
 - C. 15
 - D. 20
98. Which of the following is not a basic exercise principle?
- A. Principle of overcompensation
 - B. Principle of overload
 - C. Principle of regression
 - D. Principle of adaptation
99. Which energy system provides energy primarily for activities that last longer than 2 minutes?
- A. Aerobic system
 - B. Anaerobic system
 - C. Glycolytic system
 - D. The ATP-CP system
100. Which of the following is not included in the kettlebell program for basketball?
- A. Get-up
 - B. Double snatch
 - C. Single Press
 - D. Double windmill