

Webinar-on-Demand Information Sheet

Program Title:

Kettlebell Training: Form and Function

Course Description:

Kettlebells are effective, inexpensive, and a staple for every fitness professional.

If you are looking to inject some high-octane excitement into your training explore some of today's hottest Kettlebell exercise. You'll learn how to perform and coach exercises and create plans based on your client's individual needs, goals, and schedule. Short on time? You'll love the sample Kettlebell flows included in this webinar!

Learning Objectives:

After viewing [Kettlebell Training: Form and Function](#), you will be able to:

- Discuss foundation of Kettlebell Training
- Review types and key components of Kettlebell training
- Discuss benefits and risks of Kettlebell training
- Identify vital techniques to perform Kettlebell training safely and effectively
- Perform several Kettlebell exercises, from beginner to advanced, and from stable to dynamic positions

Target Audience: Fitness Professionals, Strength and Conditioning Specialists, ATs, PTs, PTAs, LMTs.

Schedule and Format: Self-paced recorded webinar.

Registration Fees: See our website for details: www.exerciseetc.com

Cancellation/Refund Policy: See our website for details:
www.exerciseetc.com

Course Developer and Presenter Credentials:

Pete Rohleder, MS, CSCS

A 17-year exercise and fitness industry professional, Pete Rohleder has helped thousands achieve their health, fitness, and performance goals. Pete is an expert at bridging the gap between movement science and real-world application. His passion is to provide tangible takeaways to his students and clients so they can achieve efficient, lasting results. Pete owned and operated Pure Fitness Rx, a training studio focused on fitness, performance, and movement improvement through innovative, science-backed strategies. Pete was the State Fitness Consultant for the Miss Kansas America Pageant, and continues to consult with contestants, athletes, clients, and trainers. Pete has been teaching in higher education since 2011 and is currently a Clinical Instructor and the Program Coordinator for the Undergraduate Exercise Science Program at Georgia State University. Pete is also the host of the 'More to Movement' podcast, where he discusses the science behind movement and provides solutions to help his listeners properly apply the science to enhance training outcomes and improve movement discrepancies that hinder success. Pete holds a Master's Degree in Exercise Science from Wichita State University and has been a Certified Strength and Conditioning Specialist (CSCS-NSCA) since 2011.

Contact Hours/CEUs/CECs: See our website for details:
www.exerciseetc.com

Sponsors: N/A