

## Course Information Sheet

**Course Title:** Kettlebell Training

**Course Description:**

Kettlebell Training is an easy-to-use, no-nonsense guide that will get you started setting goals, assessing fitness, and selecting exercises. You'll learn how to exercise safely and efficiently to maximize results. Each of the 95 exercises is accompanied by step-by-step instruction, detailed photo sequences, and training tips instantly accessible and perfect for at home or in the gym. More than exercises, Kettlebell Training contains proven programs that will produce results. You'll learn how to create a routine based on your individual needs, goals, and schedule. Or simply follow the sample fitness, strength, and conditioning programs or one of the sport-specific routines, such as football, soccer, mixed martial arts, or tennis. Whether you are training for performance, appearance, or general fitness, Kettlebell Training has the exercises, programs, and advice you need for the results you want. It's a complete guide that you'll turn to again and again.

**Learning Objectives:**

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.

**Target Audience:** Beginner/Intermediate/Advanced

**Schedule and Format:** Self-paced home study

**Fees:** Please see our website for the most current details on pricing & CE awards:  
[www.exercisetc.com](http://www.exercisetc.com)

**Cancellation/Refund Policy:** After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That's it. No questions asked.

**Instructor/Author Credentials:**

**Steve Cotter** draws from a diverse background as a champion athlete and cutting-edge trainer in developing some of the most exciting programs in strength and conditioning today. He continues to research and implement the most effective training methods in kettlebell training, martial arts, qigong, strength and conditioning, athletics, and the human performance fields.

Cotter shares his years of experience as a martial artist, world-class athlete, and fitness coach in designing and supervising programs for those who take their training seriously. He is the founder and director of the International Kettlebell and Fitness Federation (IKFF) and an international lecturer and teacher in more than 40 countries. He consults with numerous professional sport teams, including the NFL's San Francisco 49ers and San Diego Chargers; Major League Baseball's Texas Rangers, Seattle Mariners, and Los Angeles Dodgers; and the NHL's Anaheim Ducks. He is a subject matter expert to the U.S. Navy SEALs, a strength and conditioning trainer for the United States Marines, and a certified strength and conditioning specialist (CSCS) through the National Strength and Conditioning Association (NSCA).

Cotter is also the creator of both the authoritative Encyclopedia of Kettlebell Lifting DVD series and the Full KOnTact Kettlebells System and best-selling DVD series.

**Contact Hours/CEs:** Please see our website for the most current details on pricing & CE awards: [www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors:** N/A