

SYLLABUS

Certified Kettlebell Specialist Level: 2 (CKBS L: 2): This certification is the advance course of kettlebell which will be lifted with double kettle bell. You will learn the techniques of Swing; high pull, Push Press, Jerk, long cycle, Snatch, Turkish getup, Windmill, farmers walk, bent press etc. which can uplift the performance of the participants up to the international level.

Minimum age: 18 Years and above

Personal Attributes: The job requires individual to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires individual to possess key qualities such as self-discipline, confidence, maturity, patience, compassion, active listening, time management, empathy, language proficiency.

Duration of course: 16 Hours

Course Fees	Rs 6000/- (SIX Thousand)
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Job Role: Strength and conditioning trainer, Gym trainer, Fitness Trainer, Fitness trainer role in all sports and game.

Requirement/ Eligibility: For admission in the course it is suggested/desired that the candidate should have passed 10thstandard/ Secondary School Certificate from a recognized board or equivalent, along with CKSL1 certification.

Opportunities: Health club, Hotels, Sporting club, Sports academy

A) History of this instrument: The Kettlebell as Girya is a traditional Russian training tool that is used by people all over the world. It is as cast iron or cast steel weight, looks like a 'Ball' with a handle. Kettlebell used to perform ballistic exercise that combines strength, flexibility,

Archaeological evidence shows that the Kettlebell used in ancient Greece. But Kettlebells were developed in Russia in the 1700s,

B) Benefits: This form of exercise has many benefits like - Very good style for fitness as well as Sports; cardio without the boredom, Combines cardio and strength training, fat loss, Women won't bulk up! Very much effective for them, Develop functional strength, Increase mental focus, toughness, explosiveness.

C) Safety Consideration: it is a high intense workout process with high velocity, so that we have to follow some safety measures - Get a doctor's clearance, Make sure that you have enough space to train, Proper dress up, Uses of weight lifting belt, Weight lifting shoes, train under an experienced trainer or coach etc.

D) Equipment: mainly perform with double bell. Proper dress ; sports or fitness , Weight lifting belt according to sports or general practice, Lifting shoes, Chalk, Kettlebell, Gloves, Wrist band

E) Type of Kettlebells: according to programming we use different type of kettlebells.

Cast Iron Kettlebells: Cast Iron bells are found in various shapes and sizes. The size will generally get bigger as one progress to heavier Kettlebells.

Professional Kettlebells (competition bells): With profession grade Kettlebells, the dimensions are identical among all the different weights. Mostly male athlete practice with Double bell and females lift single bell.

Kettlebell classification according to weight and colour like 8kg bell pink colour, 12 kg bell blue colour, 16 kg bell yellow colour.

F) Terminology in Kettlebell Sport: in kettlebell sports there are some specific term like -

START : Kettlebells are lifted from the platform

GRIP : the way the handle of the Kettlebell is held

HAND INSERTION: Displacement of the hand into handle of the Kettlebell

SET : one or repeated performance of exercises

JERK : kettlebell jerked above the head to the straight arms.

RACK POSITION : Elbow(s) are connected to an iliac crest

HALF-SQUAT (FIRST DIP): rapid flexion of the knees when performing the lift,

UNDER-SQUAT (SECOND DIP):

SNATCH : Kettlebell is swung above the head

SWING: - pendulum like movement of the Kettlebell

FIXATION (LOCKOUT) :

CLEAN :

Biathlon : The snatch and jerk are combined together in the biathlon event .

LONG CYCLE : clean and jerk perform in every rep .

PRESS : pressing bell from rack to over head

HOOK POSITION: gripping

Acceleration pull : pulling bell for any lift .

G) Breathing pattern: in kettlebell exercise we follow both Paradoxical breathing, Anatomical breathing pattern.

Paradoxical breathing: This is the type of breathing we are exposed to via conventional fitness methodologies.

Anatomical breathing is performed in a manner opposite of what is outlined above and is ideal for high repetition lifting done for a long duration of time.

H) process :

Double Jerk: first the Kettlebells are cleaned to the chest and then jerked above the head to the straight arms

Double Long Cycle: Kettlebell sport competition that includes one exercise performed in three steps swing, rack, and jerk with double bell.

Snatch: single or double kettlebells lift from back swing to over head

Half snatch: single or double kettlebells lift from back swing to overhead and then drop to rack position.

I) Assistance Drills: to improve main lifting we need few assistance exercises. All drill will be perform with double bells Swing , Rack Position , Pressing , Lunges , Row , Turkish Get up , Windmill, Bottoms up , Clean and press, farmers walk, single bell bent press .

J) Programming: designing an exercise chart mainly for an athlete or sports person or a very fit person.