



## Kettlebell Intregation

### Overview:

Learn how to integrate Kettlebell exercises into your routine safely and effectively.

### Details:

**Adaptation Phase:** If you are currently in the adaptation phase, learn how you can use the Kettlebell to your advantage to improve strength, mobility, joint stability and flexibility.

2 weeks, 3 times per week

#### Sample Exercises\*:

- Overhead squat
- Windmill
- Stiff legged dead lift
- Around the body

**Strength Phase:** Learn grinding Kettlebell exercises to get you stronger and get an understanding of how to incorporate them into your current routine. 3 weeks, 3 times per week

#### Sample Exercises:

- Turkish get-up
- Front squat
- Overhead walking lunge
- High windmills

**Power Phase:** Kettlebells are great for improving overall power and learn jumping techniques; you'll be impressed with how the bells can improve your vertical leap. In this phase you will learn how to effectively incorporate the Kettlebell exercises with your plyometric training.

2 weeks, 2 times per week

#### Sample Exercises:

- Kettlebell swings
- Kettlebell snatches
- Kettlebell clean and press

### Results:

- Get ripped
- Bear-like grip strength
- Improve overall body function
- Insane core strength, balance and stability
- Increase vertical leap

\*All exercises are client dependant. Some exercises will be of benefit to some, but not others depending on the clients' strengths, weaknesses, coordination, balance and flexibility.

### Program Price:

- 7 weeks, 2-3 times per week
- 19 sessions, \$999
- Save \$140 with the program package compared to regular training rates!
- Less than \$53 per session