



AUSTRALIAN KETTLEBELL LEAGUE

Level 1 Kettlebell Trainer Certification

What you will learn:

Become an AKBL Certified Kettlebell Trainer and learn the proper step-by-step progressions and how to teach the Fundamental Kettlebell Exercises:

- Swing
- Clean
- Press
- Snatch
- Racked Squat
- Windmill
- Turkish Get-Up

Bonus Exercises

- Figure-8-to-a-Hold*
- High-Pull*
- Triple Crush*
- ...plus more*



Inclusions

- 6 Hour Workshop
- Kettlebell Fundamentals Manual
- "Fundamentals" Workout Routine
- 3 Month AKBL Trainer Membership
- Online Trainer Listing

Details

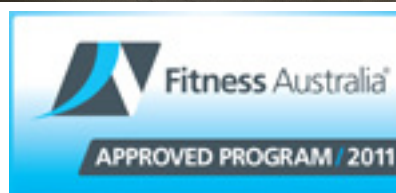
Date: Sat 29th October
Time: 9am - 4pm
Location: Platinum Extreme
Sydney

Investment:- \$350

Add:

8kg KB \$40
12kg KB \$50

Contact: Andrew Boyle
0412 026 627
andrew@akbl.com.au



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