

KB 101: INTRODUCTION TO KETTLEBELLS



OBJECTIVES:

- ✓ Move Better ☺
- ✓ Decrease Injuries ☺
- ✓ Mental Focus 🧠
- ✓ Combative Fitness!

WORKSHOP AGENDA: We'll cover these in about 3 hours. For over an hour, we will work on safety and biomechanics with body weight alone. The workshop is not a "workout" but more about education, technique, short practice sets, and lots of correction to optimize safety and performance. We only "workout" for five minutes at the end of the workshop...but trust me...five minutes of *real kettlebell work* will be plenty for Day #1!

1. Review Handouts & Safety
2. Dynamic Warm Up & Mobility
3. KB Demos
4. Squat Drills & Biomechanics
5. Lockout Drills
6. Kettlebells:
 - Deadlift
 - Goblet Squat
 - Swing (2 Arm)
7. 30x30 2-Arm Swing Mini-Circuit! (10:00=5:00 work/5:00 rest in 30 second intervals)

PREREQUISITES: It's not safe to come into this workshop with only a minimal level of fitness. For optimal results and participation safety, please see below.

- Have fairly **good movement patterns and joint function**. Performing my [Dynamic Warm-Up](#) most days of the week is recommended which will help you with the basics of moving well and biomechanical awareness of your body in motion. Without clean movement patterns, the kettlebells will not work properly. If you have a few issues left over after the daily DWU, we'll work on improving them with the kettlebells and other drills used in KB 101.
- Be currently exercising on most days of the week (4-5+). Be able to do a **moderate level** of exertion for at least 30 minutes. *This is not extreme fitness--just the basics*. It's not my goal to get people in shape with KBs if they have no fitness base established, but KBs can get you in "better shape" safely and efficiently once you have a base established.
- Be ready to **train differently than with other types of exercise** you are using. KBs take more mental focus and attention. They build strength based on stability (control) instead of building strength that cannot be stabilized or controlled. Kettlebells are very simple yet effective. Get the basics down and they will work great for you.
- Go over my [Intro to Kettlebells Handout](#) and check out my [KB Web Section](#). Get to know a little bit about what KBs are all about before the workshop. Check out a few of the video links I've posted to my instructors. Kettlebells are different but great tools for not only fitness--but for moving people well, rehab, and restorative purposes. Enjoy! ☺

I use the RKC "Hardstyle" system of kettlebell training which is highly corrective, safe, and efficient. If you want to move better with optimal fitness, you've come to the right place to get started with my KB 101 Workshop! Hope to see MOVE BETTER soon Comrade!

* Ron Jones, MS, RKC (11.2.09)

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