

# Certified Kettlebell Instructor course



Scotland's leading combat strength and conditioning team T.O.D Combat in partnership with the Scottish Fitness Organisation UK brings you the certified kettlebell instructor course.

**SUITABLE FOR ALL LEVELS OF FITNESS**- eight hours of expert instruction.

**Dynamic Drills**- Essential all over dynamic drills to enhance your ROM, Prevent Injury and raise your HR a must prior to any workout.

**Bodyweight Basics**- Bodyweight exercises to enhance your power, strength, mobility and flexibility, and introduce you to EPE, Kinetic Chain and more.

**Kettlebell Basics** - Covering the basic and progressive lifts, these will cover how to safely and effectively get the most from your lifts.

**Circuit Conditioning**- Easy to compile fat burning, metabolism boosting core enhancing workouts for a quick fix when you're short on time.

On conclusion of the course, hand out's and workouts given to all participants.

The highest level of coaching comes as standard!

Cost £99

Saturday 03<sup>rd</sup> March 2012

9am-5pm

SFO Centre of excellence @

Fit Inc studio gym and dojo

Kirkton campus, Livingston West Lothian

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