



## PHYSICAL CULTURE

Beyond Bootcamp

# KETTLEBELL FUNDAMENTALS

### DATE AND TIME

Saturday, September 17, 2011: 9:00 am – 5:00 pm

Sunday, September 18, 2011: 9:00 am – 5:00 pm

### LOCATION

Studio Lotus (Emory)

1145 Zonolite Road, Suite 13

Atlanta, GA 30306

### DESCRIPTION

The Kettlebell Fundamentals certification is the foundation of all our strength and conditioning programs. Each subsequent course will build upon the concepts and information presented in this initial weekend. During this program you will learn each of the fundamental kettlebell exercises, including modifications and variations, as well as how to format and conduct a beginning level class. You will also be introduced to the Physical Culture teaching tools, formatting formula and philosophy.

### REQUIREMENTS

Must be able to demonstrate a safe and technically proficient kettlebell swing to chest height with an appropriate sized kettlebell (20-35 lbs for women, 35-50 lbs for men) for a minimum of 25 repetitions.

### COST

\$550.00 includes:

Manual, weekend training and test