



**GHIRI SPORT**

**KETTLEBELL  
LIFTING**



**International Gira Sport Federation**



**MSIK OLEH ILIKA'S**

**KETTLEBELL LIFTING WORKSHOP**

**IKLTC-IGSF LEVEL 1 TRAINER  
COURSE**

# **DAY 1: MSIK OLEH ILIKA'S KETTLEBELL LIFTING WORKSHOP**

**Improve the quality of your training with Oleh Ilika!!!**

**The Workshop, held by Oleh himself, is about:**

**SWING, CLEAN, HALF-SNATCH, SNATCH, PUSH PRESS,  
JERK, CIRCUIT-TRAINING**

## **DAY 2: IKLTC-IGSF LEVEL 1 TRAINER COURSE**

**09:00—10:00 Registration**

**10:00—10:20 History and proper use of Kettlebells, the tools of Kettlebell Lifting**

**10:20—10:50 Study of the posture of the body before lifting the Kettlebell**

**10:50—12:00 Theoretical and practical study of Swing and the forces involved in the movement**

**12:00—13:00 Break**

**13:00—13:30 Assistance exercises for the coordination of Swing**

**13:30—14:30 Theoretical and practical study of Clean and the gravitational forces in Rack Position**

**14:30—15:00 Technique of distension of the shoulders (Military Press) and study of alignment in Jerk**

**15:00—16:00 Theoretical and practical study of Snatch**

**16:00—16:50 Theoretical and practical study of Jerk**

**16:50—18:00 Theory and practical exercises to assist the Kettlebell Lifting movements and special exercises**