

IKLTC-FGSI Level 1 Trainer Course



Program:

09:00—10:00 Registration

10:00—10:20 History and proper use of Kettlebell, 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 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 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 movement special exercises

THE COURSE IS HELD BY OLEH ILIKA

(Master Sport International Class, World Champion, World Recordman)!!!

REGISTRATION AND PRICES

Registration can be made by mailing info@ghirisport.it or calling at **+39 320 9465503**

Course fees must be paid at least three weeks before the date of the course chosen.

The payment details:

PayPal: info@ghirisport.it

Please confirm payment has been made by mail (info@ghirisport.it) or by phone (**+39 320 9465503**).

You can go directly and participate the course, upon payment of the fee increased by € 50.

**The certificate of IKLTC-FGSI Level 1 Trainer is recognized by
International Gira Sport Federation**

The course **IKLTC-FGSI Level 1 Trainer** does not require any special physical pre-requirements, but each participant must demonstrate that he or she has achieved the objectives of the course to get the certificate, and be able to sustain a workout circuit (duration max 30 min.) based on the techniques learned in the day (Kettlebell weight: 16kg M; 12kg F).

More info: info@ghirisport.it - 320 9465503 - www.ghirisport.it

Course price is 310€.