



Fundamentals of Kettlebell Training [online]

This comprehensive online workshop uses practical demonstrations and applications to provide participants with a detailed understanding of fundamental kettlebell exercises.



Workshop Overview:

- History and principles underpinning kettlebell training.
- Kettlebell programming methods for a variety of clients.
- Key teaching points, modification options and common technique errors associated with Kettlebell exercises.
- Ballistic Exercises including: Swings, Cleans & Snatches.
- Grinding Exercises including: Turkish Get-Ups, Windmills & Renegade Rows.
- Self-paced online course over 3 months.

Pre-requisite:

Participants must have completed the Certificate IV in Fitness and be registered as a Personal Trainer to be eligible to attain Fitness Australia CECs from this course.

Upon completion of this course, Fitness Australia Registrants are eligible to have the Strength and Conditioning and Functional Training delivery knowledge and skill areas recognised on their registration profile.

For more information contact Australian Fitness Academy on 1300 AFA FIT (232 348).

To enrol complete details below and email to info@afa.com.au or fax to 03 9532 9044.

Name: _____ Email: _____

Address: _____ Suburb: _____ State: _____ Postcode: _____

Phone: (H): _____ Phone (M): _____ Phone (W): _____

Fitness Australia Registration Number: _____ Date: _____

Course Cost: \$150

Visa
 Mastercard
 Cardholder's Name: _____
 Card Number: _____
 Expiry: /
 CSV: _____

I, _____ (name), have read, clarified and understand each of the following:

- Payment Terms & Conditions - including the Payments, Cancellations, Refund and Deferment Policies.
- Student Handbook - including the course information, online learning requirements, participation and assessment requirements, code of conduct, privacy policy and student support services.

I understand that Australian Fitness Academy must be supplied with my Unique Student Identifier (USI) before I am eligible to receive official outcomes of my studies, including a Statement of Attainment, Statement of Results or a Testamur Certificate.

I understand & agree to the terms, conditions and policies outlined in these documents and on the website.

I verify that the information provided above is true and correct.

Name:

Signature:

For Office Use Only:

Careers Consultant Signature:

Careers Consultant Name:

Date: / /