

The KEBOFIT Academy  
Phase Three



**The Kettlebell Academy:**

During this phase you will learn how to perform the foundation kettlebell lifts:

- the swing
- Turkish get up
- clean & press

This phase comes complete with video tutorials, demo videos, technical instructions broken down and practice workouts.

This phase will work differently than the previous two phases and could take longer than 28 days to complete (this all depends on your adherence, practice and how quickly you pick up each exercise)

In order to progress on to the next exercise, you **MUST** submit a video of you performing the exercise that you have been practicing.

This is to ensure that you have the **correct technique** and are performing it **safely**.

If it is not quite correct you will be given feedback.

You can submit videos at any point during the practice phase for feedback.

Once the coach feels that the exercise is being performed safely and effectively you will be given the link to the next exercise.

Each practice workout will build on the following week. For example, week two the swing will be included so that you can continue your practice with this whilst learning the Turkish get up.

The week four workouts will put all the exercises that you have been working on together.

**Please note:** Kettlebells are a technical piece of equipment and most people don't realise that when you start training with kettlebells you become a student of them, because there is always something to learn and practice.

When it comes to kettlebell training it's all about practice, practice, practice!!!

**What you'll learn:**

- ✔ **How to use Kettlebells safely and effectively in your own training**
- ✔ **How to execute the key movements in kettlebell training: swing, press, clean, row and squat**
- ✔ **Understand how to perform each exercise with perfect technique**