



KETTLEBELLS

Level 2

What you'll learn:

- Kettlebell variations
- Jerk and long cycle
- Alternate holds and presses
- The correct use of two kettlebells
- Kettlebell core exercises
- Kettlebell complexes

What's included:

- Comprehensive 55 page manual with photos of each exercise
- Special membership program offer

7 CEC's per level
Training Fees \$350 per level
or \$600 for both levels