



How to master the essentials of kettlebell lifting—and dramatically boost your power and effectiveness as a personal trainer or coach

HardStyle Kettlebell Certification, the HKC is YOUR chance to join forces with the world's premier kettlebell instructor training system.

Attend the HKC and leave with these major advantages:

- * A deep understanding of the true benefits of kettlebell training—for both yourself and your clients
- * A solid knowledge of vital kettlebell training safety procedures
- * A workmanlike grasp of the fundamentals of biomechanics—to ensure your clients move with perfect form and avoid injury
- * A grasp of the key HardStyle skills and principles of strength
- * The ability to competently perform the three foundational kettlebell exercises (the Swing, the Get-Up, and the Goblet Squat)
- * The confidence you can now correctly teach the three essential kettlebell exercises—and troubleshoot common technique problems
- * The unique HKC template for designing an unlimited number of effective kettlebell workouts.

“Blown anything else I've done away. I feel this is one of the most useful beneficial and practical certifications out there”.

“I have attended and taught many courses that focus on anatomy and physiology. But this course has a decided focus on functional movement and its translation into real life and athleticism”.

Hardstyle Kettlebell Certification™

With Master RKC Dave Whitley
Hosted by Laurel Blackburn RKC
and Boot Camp Fitness and Training
2815-2 Industrial Plaza Dr.
Tallahassee, FL 32301

Saturday September 18th 2010
8:00 am until 5:00 pm

For more information contact Laurel Blackburn at 850-445-0222

Read the full information and view the requirements at
<http://www.dragondoor.com/hkc/hkc052.html>