

Kettlebell Training



Level 1: 6 week course

Starting July 15th Thursdays 5:30pm

Cost: €48 upfront and in full (6 sessions)

Regional Sports Centre

BOOKING ESSENTIAL : PLACES LIMITED

0872273203

The Benefits

- Kettlebell training **builds strength, flexibility and helps injury prevention.** Due to the shape of the bell, **muscles are often loaded and stretched through a greater range of motion** than with classical training, closely simulating in the training room what happens on the field.
- **Kettlebells teach the body to absorb force and redirect it, and to accelerate and decelerate weights. It's a skill athletes use when they change directions while running and playing for example.**
- **The posterior chain gets trained explosively through a full range of motion** with kettlebell throws and swings.
- **Because the centre of gravity of the bell is always changing, coordination, timing, awareness and agility are constantly challenged** as they are required to properly execute the drills.

Full body ballistic kettlebell **drills build explosive power endurance** and General Physical Preparedness (GPP). Ballistic drills teach the body how to **generate power in the legs and transfer it to the arms.** An essential and valuable skill for any athlete.

Contact Cara on 087 2273203 for booking