

KB: RESTORE & RECALIBRATE!



OBJECTIVES: Move Better ☺ Decrease Injuries ☺ Mental Focus ☺

KB R&R will teach you to use the Kettlebell as a tool in restoring functional movements, building strength and balance, *and adapting the Kettlebell to YOUR current level of fitness.*

PREREQUISITE: All levels of welcome! If you have a special circumstance, please contact us directly.

WORKSHOP AGENDA: This workshop is not a “workout” but a “re-education” of your primary movement patterns to restore and recalibrate how you move—so you move better and safer too! Emphasis will be on safety and proper technique. The workshop will take approximately 75 minutes. Dress for comfortably for movement and active participation.

1. Review Handout & Safety

- Even restorative use of kettlebells requires *mental focus* and attention. Specifics will be discussed BEFORE training begins.

2. Movement Prep & Joint Mobility

- Dynamic Warm-Up and other quick exercises to facilitate improved joint function and enhanced movement safety.

3. Movement Screen & Release Exercises

- Ankles, Hips, and Shoulders will be screened then the best corrective exercises for your needs will be recommended.

4. Kettlebells

- **ALL exercises will be modified as needed for each person.*
- Deadlift-2 Legs
- Deadlift-1 Leg
- Goblet Squat
- Cheat Clean
- Shoulder Press
- Kettlebell Carry

* Ron Jones (3.28.11)

www.ronjones.org “High-Performance Health” ©2011

(Ron Jones, MS, RKC, ACSM Health Fitness Specialist, Corporate Wellcoach)

Get Fit.  Be Strong.