

# KB 102: INTRO TO KETTLEBELLS REVIEW



## OBJECTIVES:

- ✓ Review exercise fundamentals learned in KB 101
- ✓ More emphasis on “Lockout” Drills
- ✓ Greater efficiency in 30X30 Circuit to conclude workshop

**WORKSHOP AGENDA:** Emphasis in KB 102 will be on joint mobility warm-ups, technique, drills, and grind sets to further improve fundamental skills on *the basic three KB exercises*. The safety covered in KB 101 will still apply—but we won’t need to spend specific time covering them again.

Since we only had time to cover a few of the “Lockout Drills” in KB 101, we’ll go over the others in detail in KB 102. The Lockout Drills are very helpful as *Central Nervous System cuing drills* to teach your body how to have the proper amount of tension in the right place and at the right time. Proper tension and lockout will protect your spine and shoulders along with other joints as well—plus it optimizes your force production and delivery.

1. Dynamic Warm Up & Joint Mobility
2. Squat Mechanics & Lockout Drills
3. Kettlebells:
  - Deadlift
  - Goblet Squat
  - Swing (2 Arm)
4. 30x30 Mini-Circuit (10:00)

## PREREQUISITES:

- Completion of KB 101
- Moderate level of fitness

**TIME FRAME:** About two hours depending upon group size. If you need some one-on-one help after the workshop for more specific help, this can also be arranged.

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