

The ULTIMATE Kettlebell Weekend - Day 1

Hardstyle Kettlebell Certification Course

March 6, 2010

with

Sr RKC Jeff O'Connor

Receive a
discount for
day 2

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



Pavel and Dragon Door's one-day, entry-level kettlebell
instructor certification workshop



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 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) and correctly teach and trouble shoot these elements
- The unique HKC template for designing an unlimited number of effective kettlebell workouts

When: March 6, 2010. 8am-530pm

Where: HealthTracks
Training Center
4331 S. Fremont Ave.
Springfield MO

COST: \$499.00

Register: www.dragondoor.com/hkc/workshops/

*Don't Forget about the RKC Prep/Athletic Development
course on March 7, 2010*

Hotel Information:

Residence Inn Springfield (0.4mi)
1333 E. Kingsley St
417-823-9100

Candlewood Suites Springfield South (0.4mi)
1035 E. Republic Rd
417-881-8500

Questions:

405-612-8393

simplykettlebells@gmail.com

HKC Information:

www.wayofstrength.com/methods/ws/spfhkc/spfmohkc.html

RKC Prep/Athletic Development Information:

www.wayofstrength.com/methods/ws/spfrkcrep/springfieldrkcrep.html

