



An Introduction to Kettlebell Training Course - with a twist!

STOTT PILATES® Lead Instructor Trainer, Jill Winegar, has developed a unique kettlebell training course aimed at fitness instructors or personal trainers. Read Jill's take on the kettlebell revolution to see if this course is for you...

Jill's background

Jill Winegar, Master Trainer, is a 'teacher's teacher' with over 30 years experience training fitness professionals. Jill has been a STOTT PILATES® Instructor Trainer for over a decade and an international presenter conducting workshops and certification courses in Europe and the US. She most recently was awarded the title of Lead Instructor Trainer for STOTT PILATES®, one of 30 trainers in the world to hold such status. Her 30+ years in the fitness industry include programme development for training of group fitness instructors, personal trainers, Pilates, and kettlebell instructors and she created and was the lead educator for one of the first ACE accredited training programs for group fitness and personal trainers in the U.S.

Jill became interested in Kettlebells a number of years ago and did several certification courses, including world-renowned RKC and Kettlebell Concepts. She found Kettlebells to be a simple, efficient, yet effective way to build strength without joint strain or adding bulk. It has the added bonus of challenging the cardiovascular system in high-intensity, short-duration, intervals and is a great addition to Pilates training.

However, Kettlebell's 'extreme fitness' reputation has both increased its US and UK popularity and frightened away those who stand to benefit the most. Take away the hype and break it down into reasonable measures and it's clear that kettlebells are for everyday people, not just secret service agents or Olympic lifters. Like Pilates, form, detail and safety are paramount where kettlebells are involved. Most of the certification courses available focus exclusively on individual performance as opposed to teaching the instructor "how to teach" or fall under the realm of "hardcore", which has its own appeal, but whose focus tends to be narrow and niche-y.

Jill understands the value of practical, applicable information that empowers fitness professionals to teach kettlebell training to real people and with the STOTT PILATES detailed approach to anatomy, correct biomechanics, cueing, modifications and progressions she has developed a very unique Introduction to Kettlebells course specifically for Pilates and group fitness instructors, but also has great appeal for Personal Trainers and sports professionals. She knows what instructors need to know in order to safely and confidently train their clients using Kettlebells.

Why would you take a kettlebell course from a Pilates Instructor Trainer?

I don't bend nails, I don't make you do "punishment pushups" if you're late to class, I don't do strong man circus tricks with kettlebells the weight of a mini cooper and I don't think getting on a bathroom scale is the best way to determine what kettlebell weight you should be using.

I bring the precision and anatomical nature of Pilates and apply it to kettlebell training, I focus on teaching you how to teach others as opposed to personal performance. I bring decades of

experience teaching instructors, regular clients and real people safe, effective and fun exercise techniques.

Who should attend this course?

It's designed for Fitness Instructors, Personal Trainers, and Pilates Instructors who have a solid functional anatomical and biomechanics background and are already teaching exercise/movement to groups or individuals and hold a current certification within that field. It is intended as an introductory workshop and ideally targeted to those with little or no exposure to kettlebells and kettlebell training.

So what will you learn?

There is a significant amount of practical application and this is a physically demanding 10-hour workshop over a two-day period. Students on this course, will learn:

- Basic theoretical and historical knowledge of kettlebell training techniques
- How to choose appropriate weight and style kettlebells for clients or groups
- How to demonstrate and identify proper form and teaching techniques for foundational kettlebell exercises and variations
- To identify and demonstrate proper safety techniques while training with kettlebells
- To incorporate kettlebell foundation exercises into their existing clients or groups
- Basic programming ideas and be able to implement them with their groups or individual clients
- Cueing and modifications for kettlebell foundational exercises and variations

Where & When

Duration
10 hours (5 hours per day)

Dates
Monday 29th & Tuesday 30th March

Times
9.00am-3.00pm (Mon)
11.30am-5.30pm (Tues)

Location
mbodies centre in Witney, Oxfordshire

£185
inc VAT

Added value

In addition to attending the Introduction to Kettlebell Training workshop, Jill is also teaching a STOTT PILATES workshop on each of the two days and instructors certified in the STOTT PILATES method can gain 0.2 CECs for each of these workshops attended.

Monday's STOTT PILATES workshop
Matwork for Breast Cancer Rehab
3.30pm-5.30pm £47 inc VAT

Tuesday's STOTT PILATES lecture/workshop
The Knee: Stability & Function
9.00am-11.00am £47 inc VAT

If you sign up to the kettlebell course, we're offering both workshops for just £50 - that's only £25 each saving you £44!

Total fee payable for kettlebell course and 2 x STOTT PILATES workshops = £235 inc VAT.

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