



Since 2001, The Originator and Leader
of the Modern Kettlebell Movement



HardStyle Kettlebell Certification (HKC)

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



**Fort Collins, CO, United States
January 18, 2014**

**with Master RKC Keira Newton and
RKC Team Leader Aaron Pierson
Workshop Code # HKC329**

How to master the essentials of kettlebell lifting—and dramatically advance your skills as a personal trainer or coach

Master the essentials of kettlebell lifting by learning the principles of **Hardstyle** training. At this 8-hour instructor course, you will learn the most effective, safe, and efficient ways to use, teach and coach the basic kettlebell lifts starting with the **Swing, Get-Up, and Goblet Squat**. During this hands-on course, you will be both coached and will coach others, to facilitate your learning process.

Kettlebell training develops superior athleticism by reinforcing natural movement patterns, learning to move explosively from the hips, and challenges the stabilizers during all lifts—both ballistic and grinds. As a top fitness professional, **NOT** having this training method in your toolbox could be seriously holding you back from getting fast, impressive results for yourself and your clients.

Enhance Your Strength and Conditioning, Boost Your Income and Attract More Customers—With the HKC Advantage...

- Get deeper knowledge of how to use the world's #1 strength & conditioning tool
- Learn simple techniques for preventing and recovering from injuries
- Enhance your skills as a movement coach by learning how to quickly assess, correct & teach these complex movement patterns
- Discover simple yet highly effective cueing & troubleshooting techniques to speed up the learning process—to get faster results for your clients
- Learn how to get superior results with clients ranging from the athletic to beginners and the deconditioned
- Get a free page on Dragon Door's website and join a community of the world's top trainers
- Network with some of the greatest minds and coaches in the industry
- Learn how to incorporate kettlebells into your current programming to maximize your client's results

Register online: www.dragondoor.com/workshops/details/hkc329/

Or call 1-800-899-5111

Become certified as an HKC and join the elite community of fitness professionals!