



AUSTRALIAN INSTITUTE OF KETTLEBELLS

Programming for Movement Patterns

Workshop Overview:

Movement patterns are essential to understand when programming and even more importantly is how to regress and progress clients according to their fitness and conditioning level. A full bodied functional training program should include a combination of push-pull, squat-hinge, lunge, press and rotational based movements. It should also include exercises that cover all 3 planes of motion – Frontal, Sagittal and Transverse.

This workshop will teach you how to program using functional fitness tools using kettlebells, powerbags and ropes but also not limiting this to these tools. Participants will learn how to regress and progress according to movement pattern categories.

What you will Learn Today:

- Participants will learn the benefits of programming movement patterns into session plans
- Participants will learn how to add regressions and progressions into a program
- Emphasis will be on integrating key movement patterns into a program for high intensity training or circuit training work-outs.
- Participants will distinguish between push-pull, squat-hinge, lunge and rotational based movements
- Participants will learn how integrate movements from different planes of motion
- Teach the participants how to coach these movements to their clients
- Participants will utilise functional training tools in Powerbags, battling ropes and kettlebells to facilitate effective movement pattern training

Exercises:

1. Bull-Whips Battling Ropes Technique (Rotational – All 3 planes)

Execution Steps:

1. Use an underhand grip
2. Ensure the weight is transferred from one foot to the other as the rope transfers side to side
3. Keep your eyes on the rope
4. Keep the knees soft and the spine neutral

Coaching Cues:

- 1.
- 2.
- 3.

2. Powerbag Zercher Squat (Squat in sagittal plane)

Execution Steps:

1. Ensure your head is facing straight ahead throughout the movement and focus your eyes slightly above the horizon
2. Push your knees out you descend
3. Ensure your torso is parallel to your tibia and fibula

Coaching Cues:

- 1.
- 2.
- 3.

3. Kettlebell Row (Pull in sagittal plane)

Execution Steps:

1. The back leg should be straight whilst the front leg is bent at 45 degrees
2. Place your resting forearm on your front thigh
3. Lift on a 45 degree angle and pull the shoulder blade back
4. Keep a steady tempo throughout the movement

Coaching Cues:

- 1.
- 2.
- 3.

4. Transverse Battling Ropes Lunge Waves (Lunge in transverse plane)

Execution Steps:

1. Face the attachment at 45 degrees
2. Bend at the knees and flex hips at 45 degrees
3. Keep the elbows in tight
4. Keep a steady and consistent tempo throughout



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Coaching Cues:

- 1.
- 2.
- 3.

5. Powerbag Shoulder Press (Push in sagittal plane)

Execution Steps:

1. Dip at the knees slightly
2. Fully extend the arms overhead
3. Absorb the impact of the downwards phase by dipping the knees

Coaching Cues:

- 1.
- 2.
- 3.

6. Kettlebell Lateral Walking Swings (Hinge in frontal and sagittal plane)

Execution Steps:

1. Generate the power from the hips
2. Ensure the spine is neutral throughout the movement
3. As the bell is weightless at the top take the lateral step
4. Bring the feet together then separate them

Coaching Cues:

- 1.
- 2.
- 3.

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