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The Continuous Flow Principle – Workout Sequences that Excite, Challenge and Stand Out

Workshop Overview:

This session introduces an original training concept termed ‘The Continuous Flow’. The concept is that the end position of one exercise is the beginning position of the next. This creates incredible and varied workouts with kettlebells and powerbags.

Participants are introduced to the concept, why it is effective and how to do it. The session involves participation in several ‘Continuous Flow’ workouts so the participants have a thorough understanding of it.

What you will Learn Today:

- What the continuous flow principle is and how it works
- Several kettlebell exercises that form a continuous flow sequence
- Several powerbag exercises that form a continuous flow sequence

The Kettlebell Flow Sequence:

1. Single Kettlebell Swing

Execution Steps:

1. Generate the power from the hips
2. Ensure the spine is neutral throughout the movement
3. Keep the bell close to the hips
4. Bring the bell to eye level

Coaching Cues:

- 1.
- 2.
- 3.

2. Clean

Execution Steps:

1. Generate the power from the hips
2. Ensure the spine is neutral throughout the movement
3. Keep the bell close to the hips
4. Keep a light grip on the bell



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5. Keep the elbow tucked into the torso
6. Absorb the impact of the bell with your knees and hips
7. Keep the wrist neutral

Coaching Cues:

- 1.
- 2.
- 3.

3. Rack Squat

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 you torso is parallel to your tibia and fibula
4. Keep the elbow tucked in and keep the wrist in a neutral position

Coaching Cues:

- 1.
- 2.
- 3.

4. Press

Execution Steps:

1. Push the bell directly upwards from the rack position
2. Keep the elbow and little finger pointing forwards
3. Keep the wrist neutral
4. Slowly descend the bell

Coaching Cues:

- 1.
- 2.
- 3.



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The Powerbag Flow Sequence:

1. Push-up

Execution Steps:

1. Keep a neutral spine
2. Keep the elbows in tight to the body
3. Maintain a consistent tempo

Coaching Cues:

- 1.
- 2.
- 3.

2. Deadlift

Execution Steps:

1. Tilt forwards from the hips at 45 degrees
2. Drive the hips forward squeezing the glutes and gaining terminal hip extension
3. Keep a neutral spine

Coaching Cues:

- 1.
- 2.
- 3.

3. Bent Over Row

Execution Steps:

1. Tilt forwards from the hips at 45 degrees
2. Bring the bag to the sternum whilst keeping the elbows tight to the body
3. Retract the scapula together on the upwards phase

Coaching Cues:

- 1.
- 2.
- 3.

4. Clean

Execution Steps:

1. Tilt forwards from the hips at 45 degrees
2. On the upwards phase keep the bag close to your body and flick (clean) the bag over the wrists so it sits on the forearms
3. Maintain a neutral spine throughout the movement

Coaching Cues:

- 1.
- 2.
- 3.

5. Reverse Lunge

Execution Steps:

1. Reverse 1 leg backwards and downwards whilst maintaining a neutral spine and square hips
2. Ensure the knee is following the line of your toes and not caving inwards
3. Keep your head straight throughout the movement

Coaching Cues:

- 1.
- 2.
- 3.

6. Squat Thruster

Execution Steps:

1. Descend into a zercher squat
2. Use the upward power of the ascension of the squat to propel the bag overhead into the overhead lock out position.
3. Ensure the bag is completely locked out overhead.
4. Keep your head straight throughout the movement and the spine is neutral



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Coaching Cues:

- 1.
- 2.
- 3.

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