



How Do Kettlebells Fit Into Mainstream Fitness

Just recently, having sat for (and passed) another trainer exam on *Core Training*, I've once again have gone through a series of self study, and have become reacquainted with the most recent changes in the fitness industry. The concept of what defines fitness has expanded to include stability, mobility, movement efficiency, coordination, balance, agility, explosive power, coupled with traditional strength, endurance, flexibility, and body composition. Programs that take advantage of concepts like anaerobic power and ventilation threshold are used to advance human performance, fitness, health, and appearance. Things have surely changed on the American fitness scene.

So where do kettlebells fit in? Let's look at the American Council on Exercise's Fitness Model and the four phases of functional and resistance training.

- Postural and Core Stability
- Movement Efficiency
- Resistance Training
- Performance Training

The above categorization is not black and white as there is plenty of overlap and customization with each individual, but the program creation and progression of High Intensity Kettlebell Fitness adhered to the American Council on Exercise (ACE) Fitness Model of stability, movement efficiency, resistance, performance. It's the key to safe and effective progression without serious injury. As proficiency with each move is achieved, movement efficiency is developed. It's at this point real resistance is introduced, and as the mistakes surface due to the overload, proficiency is achieved, and performance training can begin.

High Intensity Kettlebell Fitness (HIKF) also lines up with the accepted standard of cardiovascular exercise progression, as outlined by ACE. That is: first develop an aerobic base, aerobic efficiency, anaerobic endurance, and finally anaerobic power. The type of progression is familiar to anyone's who's experienced kettlebell sport training. First you need an aerobic foundation, then you develop more efficiency, then you get comfortable with discomfort and develop the ability to work for extended periods of time intensely. As you reach higher levels, anaerobic power is called for, to work with heavier weights at higher rep ranges. Learn more about kettlebells from the Kettlebell Lady - Leanne - kettlebelllady@yahoo.com, www.kettlebelllady@yahoo.com or call: 509-884-0717 or 509-433-8971 to get started today! Leanne Wylet is a Certified Kettlebell Instructor. Specialities Functional Movement (FMS), Orthopedic Exercise. Also: Qigong, Tai Chi & Mindful Movements.

Sources: www.americancouncilonexercise.com www.kbgym.com Mike Stefano is a Master Kettlebell Coach and Fitness Instructor. Mike offers small group workshops and private classes.