INTERNATIONAL KETTLEBELL LIFTING TRAINING CENTER ACADEMY

®

MANUAL FOR TRAINERS AND INSTRUCTORS

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HISTORY OF KETTLEBELL

From I.G.S.F. book

Man has always been trying to master his physical skills. Whether driven by the need for survival, or the desire for supremacy, or simply by the instinct to have a healthy body and maintaining good health, he's always been trying to improve himself. To do this, the mere human body couldn't be enough: just the fact that bodyweight remains every day almost the same, makes clear that the results of training can hardly improve after a certain level. So man invented tools, exercise equipment with which vary muscular stimulation.

One of the oldest tools of history is the kettlebell. Its ancient origins date back to ancient Egypt, China and Hellenic culture. Back then, in the form of jars filled with soil, kettlebells were used to enhance fighters' body strength.

The modern origin date of kettlebells (as we know them) is 1704, when the first Russian dictionary containing the definition of kettlebell was printed. At that time, kettlebell's shape wasn't universal (it will become round only in 1797), only it's weight was well-defined: in fact, the tool was used as a counterbalance for scales, and it's unit was the pood (16 kg). The merchants, beside lifting the merchandise throughout the day, also had to defend against thieves and crooks, so they often trained with kettlebells in coarse movements; or, when the negotiations with buyers were finished, they challenged each other to raise 4 pood (64 kg) more times over their heads. The instrument quickly became known, people were literally astonished on the ability of those men to lift those heavy tools.

The Russian Circus became one of the houses of the instrument until Tsar Alexander III spread its fame throughout the Country. The monarch used to train with kettlebells. One day in 1888, while he was traveling with his family, the train in which they were derailed. The roof of the sovereigns' car fell on the whole royal family. Alexander III, to his surprise, was able to withstand the full weight of the roof until rescuers came to help. Incredulous of this tremendous strength, the Tsar saw in kettlebells the tools that saved him. The story spread throughout the Country, so began the first competitions under the patronage of the sovereign.

In addition to physical strengthening, kettlebells became the instruments for maintaining the health of the population: in 1885 was born in St. Petersburg the first sports-medical association which used the kettlebell as a tool for the prevention of physical problems. Throughout the 19th century, kettlebells also served as training tool for the soldiers who had to move quickly the cannonballs.

Even after the revolution, the fame didn't get low. The USSR was a huge country that was preparing to move from a medieval state to one of the greatest world power. The effectiveness and the appearance of the soldiers was crucial. Often soldiers served in remote villages in Siberia or in the navy, and physical training on the ships was a problem. Scientists and coaches of that time met, and from those meetings came the kettlebell we know today. The instrument became the main responsible of the effectiveness and fitness of the soldiers.

In 1960 began the first military competitions of kettlebell lifting, and those competitions were held until 1992, after the fall of the Soviet Union, when the International Gira Sport Federation (I.G.S.F.) was founded.

The competitions are run in 10 minutes. 4 pood (64 kg) for men in long cycle and jerk, 2 pood (32 kg) for the snatch. Women use a pood (16 kg) in the snatch.

Today, I.G.S.F. includes the following countries: Ukraine, Russia, Kazakhstan, Tatarstan, Uzbekistan, Canada, USA, Finland, Italy, Germany, Hungary, Estonia, Latvia, Lithuania, Moldova, Greece, Poland, Australia, Iran, Targikistan, Kirghistan and India.

FITTING AS A UNIVERSAL LAW

Man is an “homeostatic creature”: he adapts to stimulations. “Survival of the fittest” is one of the main principles of biology: even training should look at this law! All of the physiological modifications are a direct consequence of the stimulations induced by physical exercise.

To make “positive” modifications happen in a human body, it’s necessary to use “overloads” in training in order to increase the whole training volume. Training volume (intensity, density, volume…) should progressively increase day by day to induce the body to fit to the new condition. The problem arises when we fall into “addiction”. This biological fact makes that a body responds less and less to every stimulation, even with an increase of the training volume, down to a plateau level.

In order to avoid this, we can:

1. Constantly change exercises
2. Learn programming

In this course we’ll learn the harder (but the only one which grants effective results) way: programming.

3 SIMPLE RULES…

Before thinking how much you have to do, you have to understand how to do it

1. The first rule to be respected when using a kettlebell is to preserve your center of gravity: the more you do it, the less you waste energy. When you lift the kettlebell from the ground, its weight plus your bodyweight makes your gravity center to move forward. So, just shift your bodyweight to your heels to make the kettlebell move to you. This simple concept is applied in every movement: swing, snatch, clean. Every time the kettlebell is in front of you, your bodyweight must be shifted behind you, either the kettlebells are going up or down. Squat position, often used, is a variant of this movement, but the beginner has to learn to move the kettlebell with his bodyweight first (it requires core and abdominal strength), and focus on more peripheral areas later.
2. Kettlebell is a tool that you don’t have to grip. The handle fits on the carpal bone and the hand has to stay free. Grip the handle (even without bending your wrist) and you will see a dramatic accumulation of lactic acid in the muscles of your forearm, with a consequent loss of strength.
3. The weight of the kettlebell must “loaded on your body axis”. Either when the kettlebells are over the head or when in rack position, the weight you lift must be perpendicular to your center of gravity. The more it goes far from it, the more you waste energy. Some muscular tensions could make the person to look to the kettlebells when he lifts them, or bend a little to find equilibrium. Joints and muscular tests before learning the techniques can reveal possible muscle imbalances which must be kept into consideration.

KETTLEBELL SPORT ESSENTIAL RULES

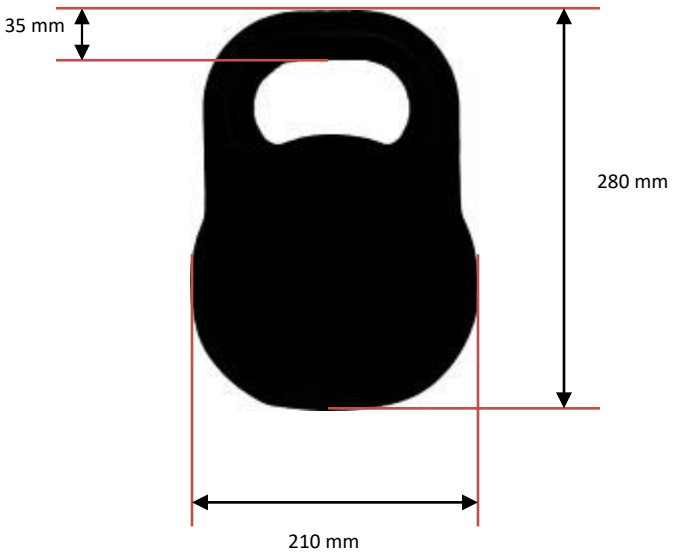
DUTIES OF THE ATHLETE

1. Every athlete must know the general competition rules and any of the rules of the specific competition.
2. The athlete may address any and all complaints to the referee only through his team representative or by referring himself to the referee in charge of dealing with athletes.
3. The athlete must be strictly disciplined, showing absolute respect to other athletes, the public, and the referees. The athlete who is not present at the pre-comp Briefing will be expelled from the competition.
4. At the beginning of each competition, each athlete will be weighed once. The athlete who believes he has weight category problems can (through the team representative) ask immediately a second weighing one hour before the competition.
5. It is clear to the athlete not to use any tools that can facilitate the lifts.
6. The athlete has the right to prepare the kettlebells before his set and this must be made in a fully visible area to the judges.

COMPETITION CLOTHING

The athlete must wear shorts (above the knee) and a short-sleeved t-shirt, or a lifting suit and a t-shirt and sports shoes. It is required to wear underpants under the competition. The lifting belts must not be more than 10 cm high, the bands should not exceed 1.5 m in length and may be applied for bandages no higher than 10 cm on the wrists and 25 cm on the knees.
Belts worn by athletes should not have pads or similar to give additional support to the athlete.

KETTLEBELL SIZES AND COLORS



Red	→ 32 kg
Green	→ 24 kg
Yellow	→ 16 kg
Blue	→ 8 kg
Light Blue	→ 4 kg

Maximum tolerance allowed: ± 0,1 kg

NOT ALLOWED MOVEMENTS

JERK

STOP:

- ✓ Kettlebells rest on shoulders
- ✓ Kettlebells fall below Rack Position

NO COUNT:

- ✓ Press-like lift
- ✓ Asymmetrical lift (one kettlebell goes up before the other)
- ✓ No stop in Rack Position
- ✓ No fixation

Attention: in Biathlon competitions (Jerk + Snatch), if the Jerk count is 0, the athlete cannot perform the Snatch set.

SNATCH

STOP:

- ✓ Kettlebell rests on shoulder
- ✓ More than one arm switch
- ✓ Kettlebell slips out of the grip and falls down
- ✓ Rest leaving the Kettlebell hanging

NO COUNT:

- ✓ Press-like lift
- ✓ The free hand touches the platform, the leg or the Kettlebell
- ✓ When swinging back, the Kettlebell touches the platform
- ✓ No fixation

LONG CYCLE

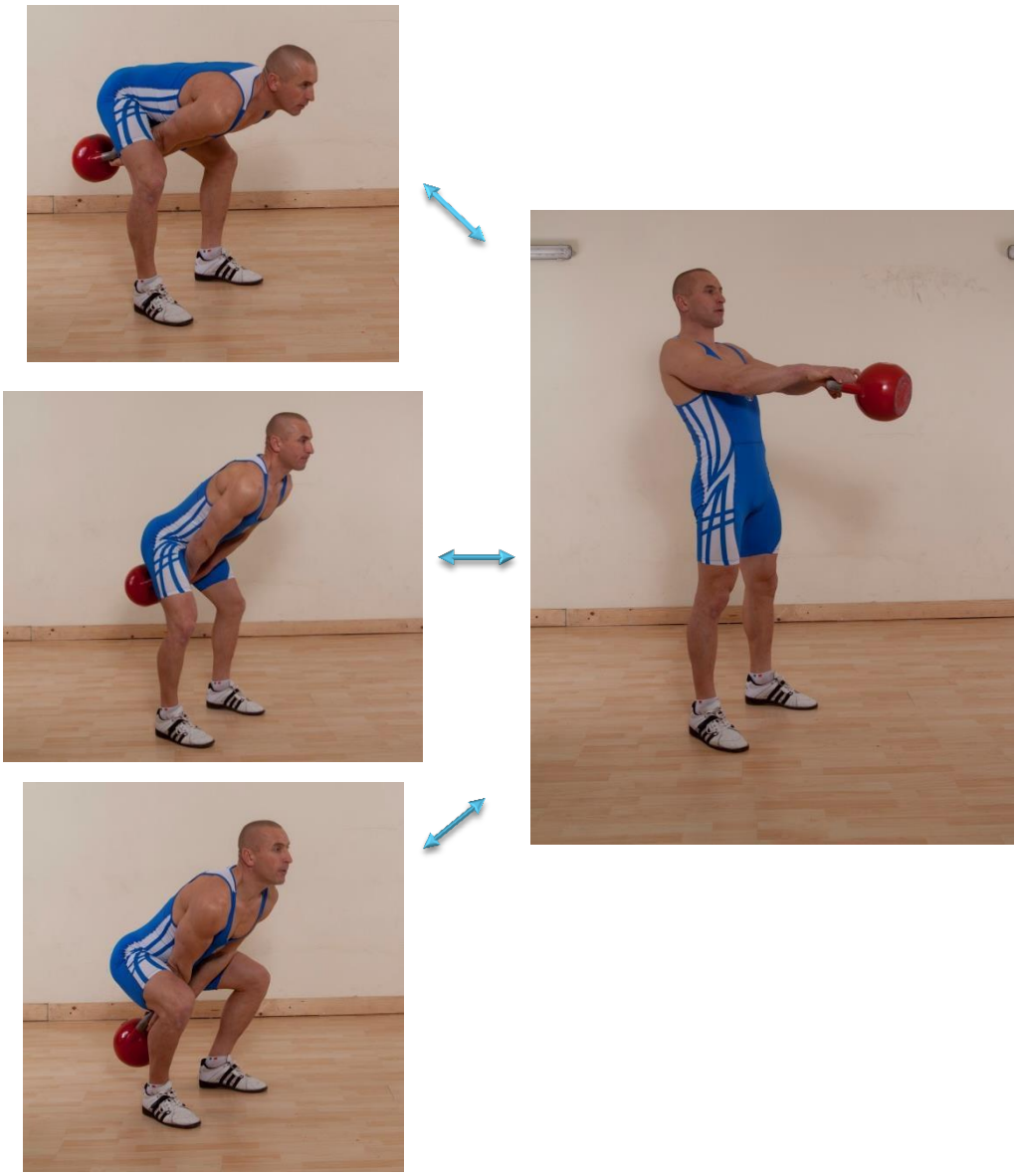
STOP:

- ✓ Kettlebell rest on shoulders
- ✓ Rest leaving the Kettlebells hanging

NO COUNT:

- ✓ Press-like lift
- ✓ Asymmetrical lift (one kettlebell goes up before the other)
- ✓ No stop in Rack Position
- ✓ No fixation

THE SWING



Swing movement consists in oscillating the kettlebell, held with both hands, between the "dead spot" position behind the knees and the front. There are several variants in Swing execution, but the main ones are three.

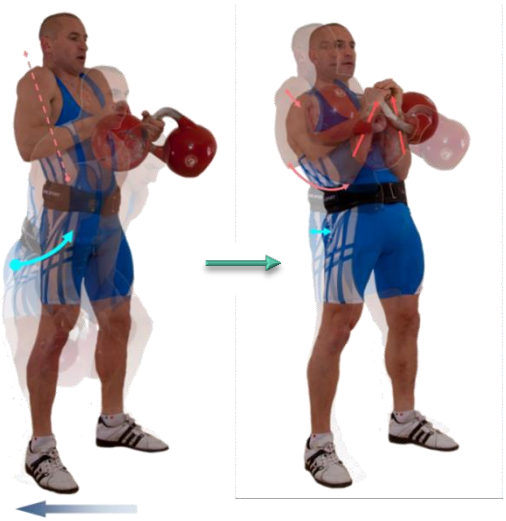
- ✓ In the Classic Swing (or Pendulum Swing), the movement is imprinted on the kettlebell by the oscillatory push of the pelvis typical of the Snatch movement, for which it is propedeutic exercise.
- ✓ In the Swing Squat, the sloping Kettlebell from the front position is accompanied by a leg flexion similar to the classic Squat movement, as well as the return to the front position is due to the straightening of the legs themselves
- ✓ In Back Swing, finally, is the back (which must always be straight) to be mainly involved. By flexing and straightening the trunk, it provides the Kettlebell the necessary force for the swing movement.

While Pendulum Swing privileges the activation of the aerobic system, the other two variants favor the anaerobic system. Swing movement is also taught to be performed on one arm.

But the Swing variants are not limited to the body position when the Kettlebell is in the "dead spot": in fact, depending on the force provided with the chosen technique, the Kettlebell can be lifted up to the front at different heights, as indicated In the figures, up to the arrival with arms stretched over the head (exercise called "Protyajka"). The swing, depending on the weight of the used Kettlebell and the running time, is a powerful exercise for cardiovascular and pulmonary conditioning, and allows for increased strength in the grip, back and leg muscles of the pelvis.

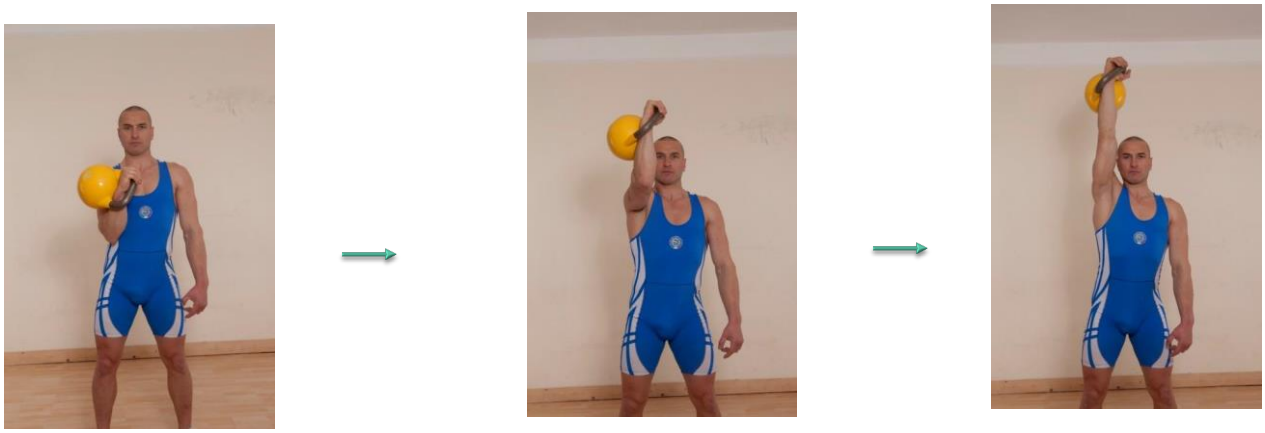
CLEAN AND RACK POSITION

Clean and Rack Position are preliminary movements to all kettlebell lifts.
From the "dead spot" position, when the kettlebells begin to reverse their trajectory, it is necessary, as if to anticipate their movement, to bring the pelvis forward, slightly kneeling and providing a further acceleration, all at the same time as the straightening of the trunk. These movements must be performed in a unitary manner and constitute a very short lift segment, in which the effort is almost completely covered by the leg muscles. The forward movement of the pelvis culminates with its slight deviation upward while the body weight moves towards the toes. Throughout this phase of movement, the grip is held around the handles of the Kettlebells to keep them, and their arms are still stretched



In addition to being the starting point of the Jerk movement, the Rack Position is the fundamental resting position during the ups of the Jerk itself, but also of the Long Cycle. The athlete's muscles, in this position, are completely relaxed! The weight raised, through the trunk or iliac ridges, is totally discharged on the lower limbs, without burdening the spine. Both Clean and Rack Position are taught first in the version "Propedeutics" that involves the use of only one kettlebell.

KETTLEBELL PRESS



This exercise consists of the classic press with the shoulder. As shown in the sequence, from the rack position, keeping the elbow facingwards, extend the arm, bringing the kettlebell over the head. The natural variants of this exercise consist in executing it with one or two kettlebells simultaneously (in the latter case, lifted simultaneously or alternatively). The specific press allows for strength gain throughout the upper limb muscles, from those most involved in lifting (and in the classic Kettlebell Sport exercises), such as deltoids and triceps, to muscle stabilizers, which are generally more difficult to train with others exercises. The Press is also taught in its variant called 'Push Press', which consists of a press lifting facilitated by a push of the lower limbs, through a movement of "Loading and pushing" explained below by describing the Jerk.

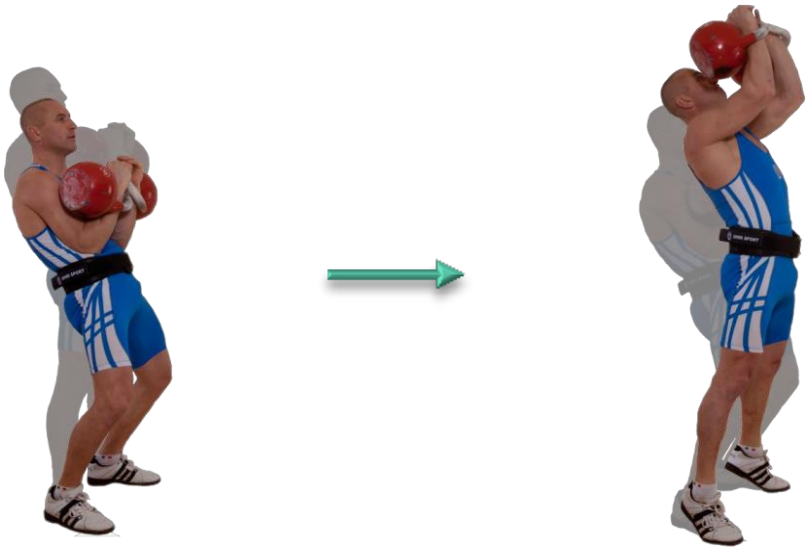
LO SLANCIO


CARICAMENTO
SPINTA
INCASTRO
FISSAZIONE
DISCESA
AMMORTIZZAZIONE

KETTLEBELL JERK

One of the three fundamental lifts is Jerk. Below is illustrated in its main steps.

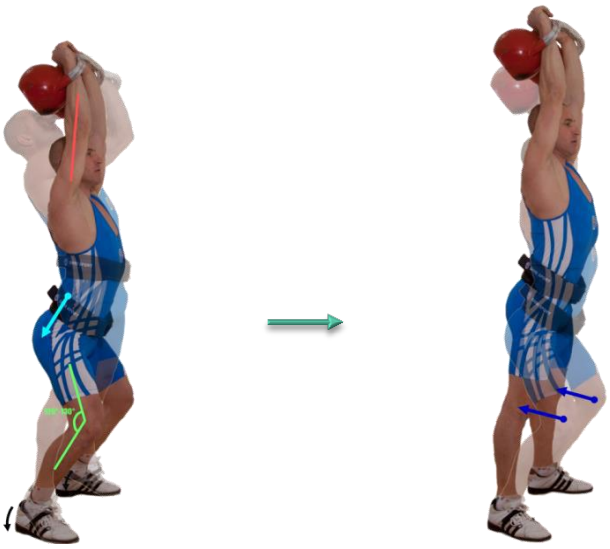
1) **Loading phase and 2) Pushing up the pelvis and the kettlebells**
   Dip the legs and push up the pelvis thanks to the explosive straining of the legs themselves (here is the reason for the name "loading": you “charge” the leg muscles), culminating with the arrival on the toes.



3) **Air stage**
   The kettlebells continue the ascending motion imbued from the basin by the force of inertia.

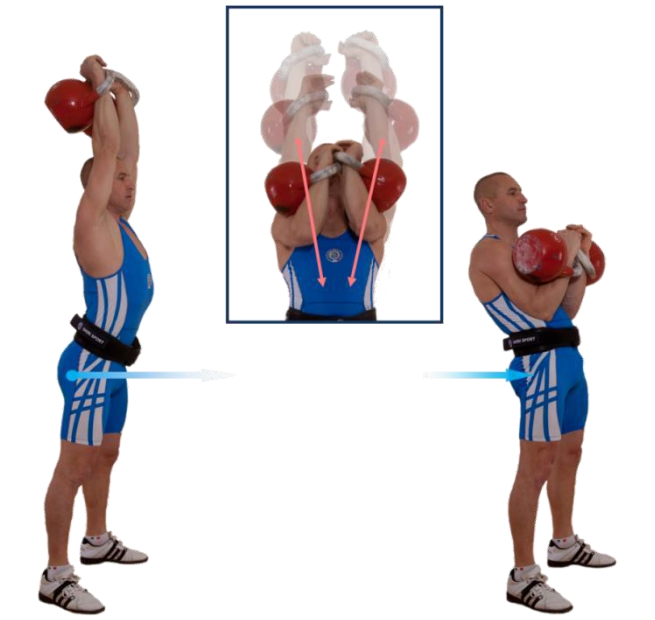
4) Fixation

It is time to make the second dip: invert the direction of the pelvis movement (up to this point it is upwards, now it must go down and slightly backwards), simultaneously with the complete extension of the arms. Thanks to the extension of the legs too (push knees back), we fix it.

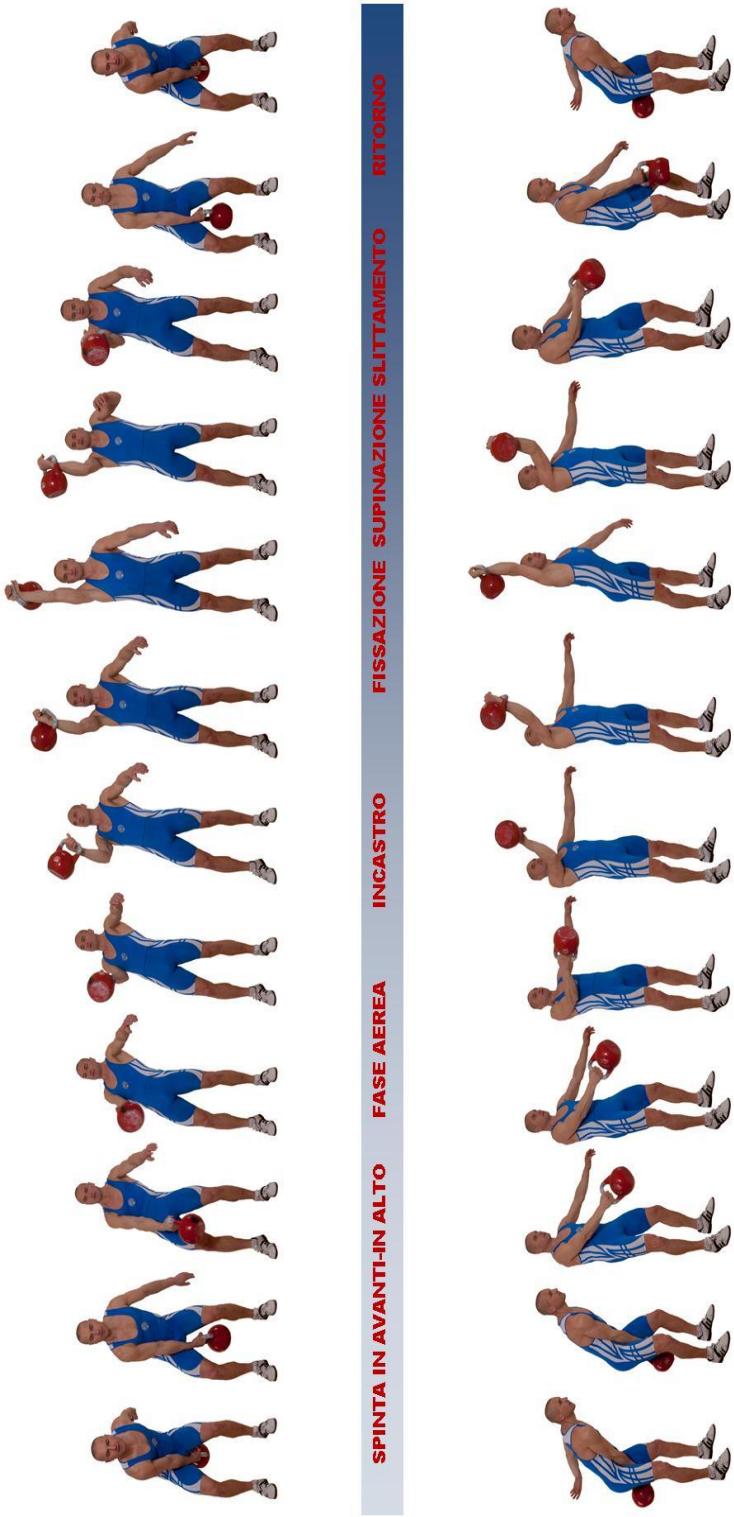


5) Drop and 6) Cushioning phase and return to Rack Position

It begins with the complete relaxation of the upper limbs from the fixation phase; while the kettlebells begin their descent, the body weight moves slightly on the toes; shoulders and chest lift up as to "accept" the kettlebells that are about to arrive; As soon as the arms are touching the trunk, the weight returns to the whole foot and the pelvis moves slightly forward, even here to "accommodate" the elbows that have now reached the contact point.

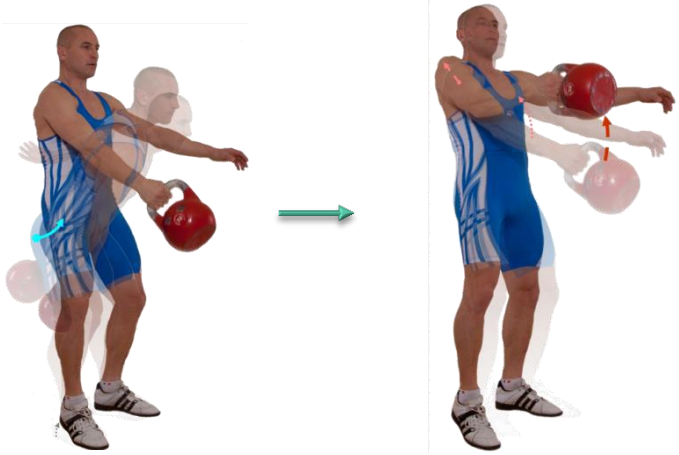


LO STRAPPO

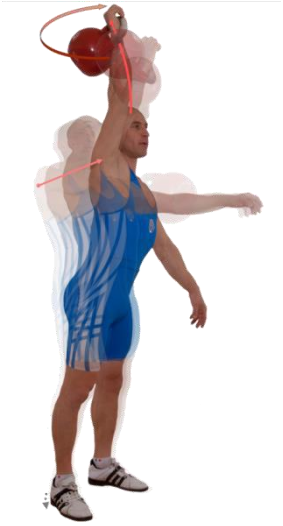

SPINTA IN AVANTI-IN ALTO
FASE AEREA
INCASTRO
FISSAZIONE
SUPINAZIONE
SLITTAMENTO
RITORNO

KETTLEBELL SNATCH

1) **Pendulum Swing**
   The pelvis must be pushed forward, the legs flex further, then back to a straight position after the kettlebell has reached speed. The trunk straightens.
2) **Going up**
   The pelvis must continue its movement by turning upward.

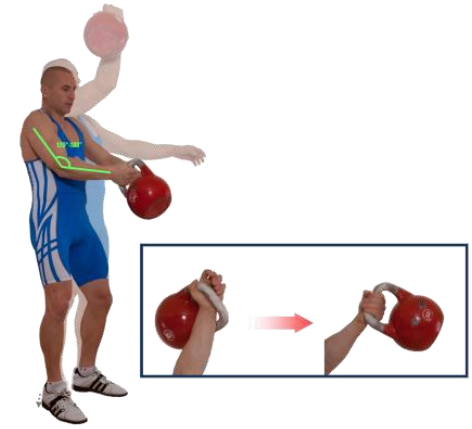


3) **Air stage**
   The kettlebell continues its ascent while its bottom is directed toward the front.
4) **Fixing and fixing phase**
   The hand clings to the corner of the handle and the arm extends completely. The legs are well straightened.

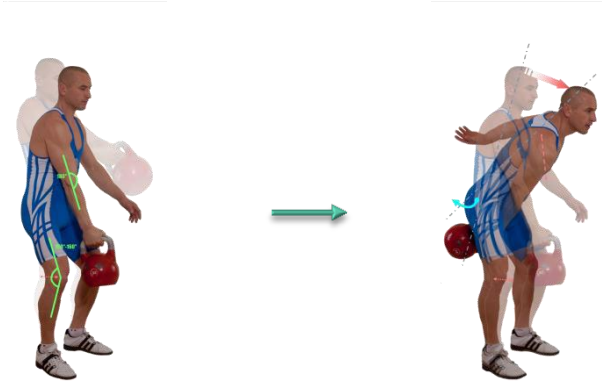


5) **Hand overhang, elbow bend (and weight shift on heels)**
In one movement, the hand rotates inwardly and the spherical part of the ghost moves forward again as the elbow bends and the body weight moves towards the heels.

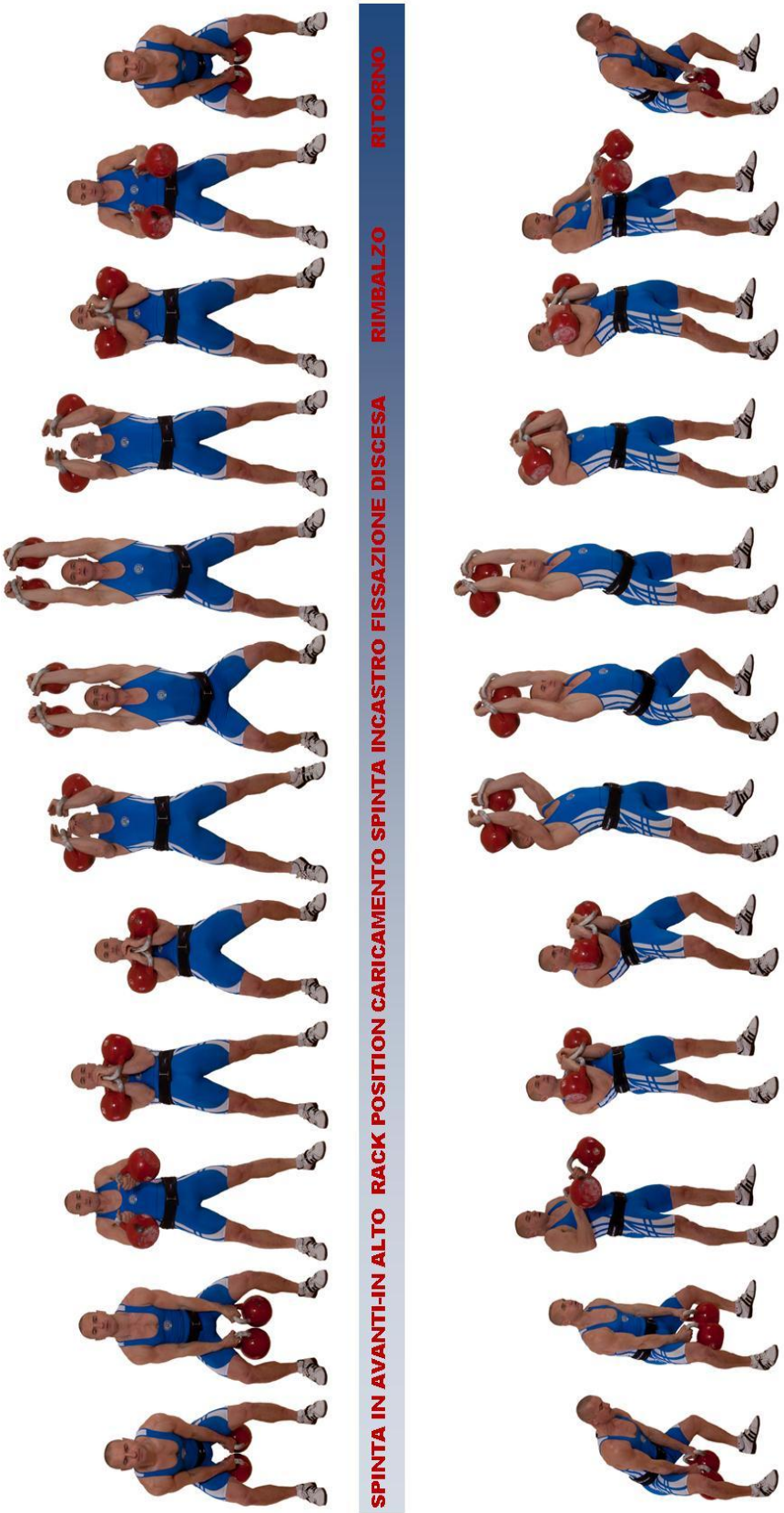
6) **Grip Slip**
The hand must "slip" on the straight section of the handle itself, then tight the grip again.



7) **Pelvis reach and return to the "dead spot"**
As the descending kettlebell reaches the level of the pelvis, the arm should form a 120-130 ° angle at the elbow. At this point, the legs flex slightly and the trunk can begin to flex forward as a result of moving back the pelvis, which follows the movement of the kettlebell to the dead spot.



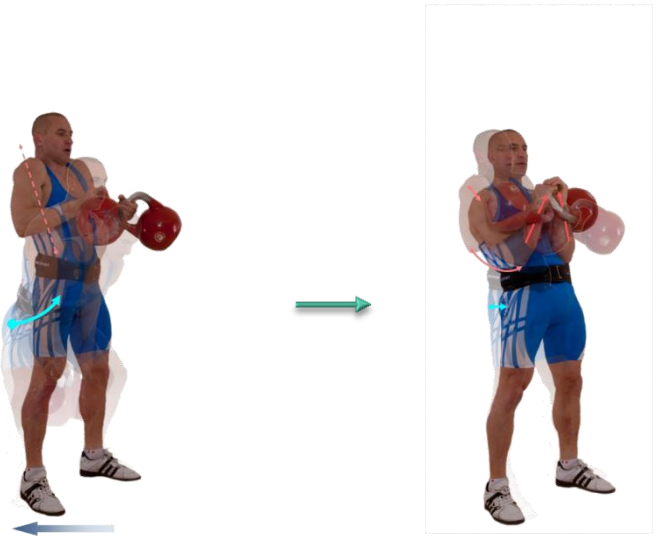
LO SLANCIO COMPLETO



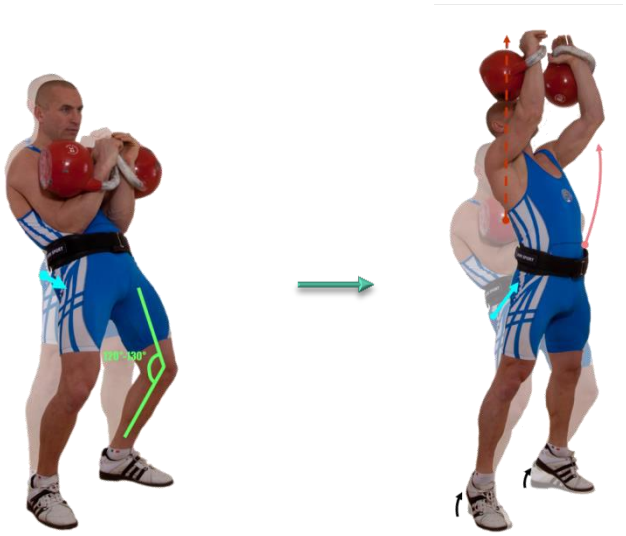
KETTLEBELL LONG CYCLE

1) **Pendulum**
Bring the pelvis forward, slightly tilting the knees and giving the kettlebells an acceleration, all at the same time as the trunk straights. The phase ends with a slight deviation upwards of the trajectory of the pelvis.

2) **Rack Position**
The kettlebells continue their upward movement, forming a narrow bow. At this moment, you need to quickly move your elbows under the kettlebells themselves and place your hands at the corners of the handles, then place the pelvis under your elbows.



3) **Loading phase and 4) Pushing up the pelvis and the kettlebells**
Dip the legs and push up the pelvis thanks to the explosive straining of the legs themselves (here is the reason for the name "loading": you “charge” the leg muscles), culminating with the arrival on the toes.



5) **Air stage**

The kettlebells continue the ascending motion imbued from the basin by the force of inertia.

6) **Fixation**

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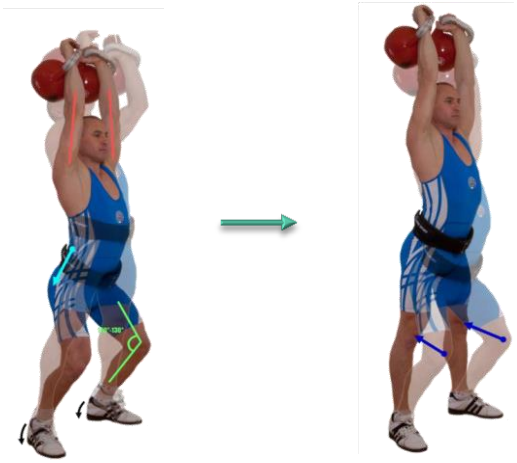
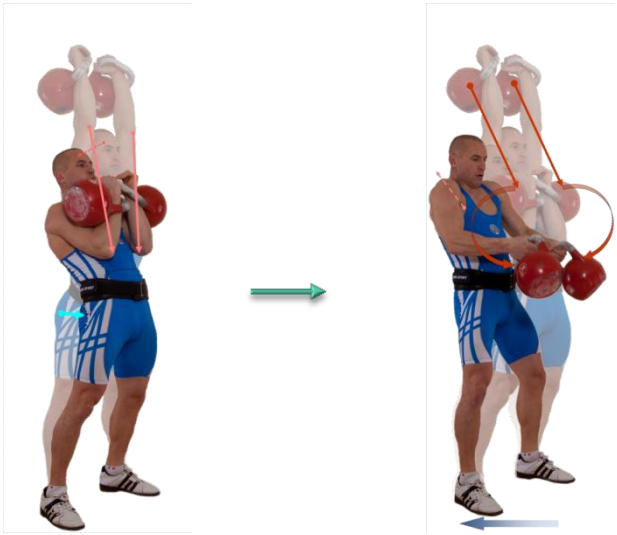


7) **Drop and 8) Cushioning phase and return to Rack Position**

It begins with the complete relaxation of the upper limbs from the fixation phase; while the kettlebells begin their descent, the body weight moves slightly on the toes; shoulders and chest lift up as to "accept" the kettlebells that are about to arrive; As soon as the arms are touching the trunk, the weight returns to the whole foot and the pelvis moves slightly forward, even here to "accommodate" the elbows that have now reached the contact point. The wreaths then make a sort of "rebound" on the trunk (chest-abdomen), and then pushed away as described in the next step.

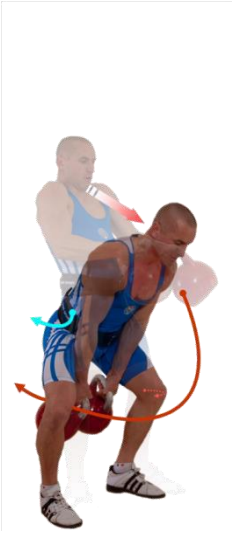
9) **Supination and grip slip**

Push a little forward (through a short and fast movement) with the upper part of the trunk (raising your shoulders), and then push away the kettlebells and, at the same time, supinate and slide your hands (which until now they are in the corners of the handles) along the handles of the kettlebells to hold them.



10) Return to the "Dead Spot"

Lower your shoulders and immediately, bending your legs, tilt the trunk forward, accompanying the kettlebells to the "dead spot" position.



NOTES ABOUT EXERCISES:

Basic principles of programming

1. If you want to learn properly any athletic movement, you have to repeat it many times. If you are a beginner, it's useless to focus on the intensity of your training, you'd better repeat the movement again and again. Each exercise on which you want to get better must be repeated at least 2-3 times a week: the motion pattern, from the over-cortical pathway will pass to the subcortical, becoming automatic.

2. Additional exercises must be performed to strengthen the weak parts of your lift (grip, back, legs, shoulders). In these exercises, muscular work prevails on technical work. A functional hypertrophy empowers the technical movement and improves the performance.

3. If you're training for an athletic movement more than a day a week, you'd better divide your training in light-medium-heavy day. You can't work every day on your 100%, all the stress accumulated will preclude you from getting results.

4. Light day: focus on the technique.

5. Medium day: focus on training volume.

6. Heavy day: focus on the intensity (next to your maximal).

7. Each week must be inserted in a training cycle, i.e. in a progression. Repeating day by day the same training is pointless: each training day must look at the previous and the next one. You have to plan your training, even if some contingency could get the best on your plan.

8. Each cycle must be defined on the result of a test at the end of the previous cycle, and must be concluded with a test: programming is based on numbers!

9. Training makes your body to accumulate stress, so, every 3-6 weeks do a week of light training to lower your stress level.

10. Training must be defined on the single person. A sedentary will get an adequate stimulation just by going up and down the stairs. If you go too far, you won't get results. The more the training is intense, the more it requires recovery, but you can work on that! The higher your performance is , the less you will need time for recovery, but 3 days of training a week are the best indication for an average nine-to fiver.

TRAINING AND COACHING PRINCIPLES

Training and coaching are based on **six fundamental principles**.
Principle of Consciousness: Training must be thought, reasoned. Everything you have to learn must be tested.
Principle of participation: The coach lives with the apprentice the whole process of learning workout.
Sequence principle: "From simple to complex", "From light to heavy", "From what you know what you do not know".
Observation Principle: Transmitting The correct "picture" of exercise at the apprentice ghirevik means increasing the very quality of emotions the athlete will feel for this sport.
Accessibility principle: The coach must always consider age, training, physical training, sports experience and any other variable that characterizes his apprentice.
Perfectioning principle: The skills and capacities instilled in the teaching process - training must be made and improved over time.

TRAINING AND COACHING METHODS

Three methods of teaching are used to study the technique of classical exercises:
Separate Method: The exercise is subdivided, for explanation, into its main phases. These are first studied individually, then integrated.
Whole method: A suitable method whenever the exercise can not be separated into phases or, given its simplicity, it is not necessary to disassemble it.
Combined Method: It is the most complete and effective method, consists in applying the separate learning method, followed by a whole method to consolidate the acquisition of the technical gesture.
In Kettlebell Sport **five training methods** are coded:
The regular or uniform method: non-specific Kettlebell Sport exercises and specific exercises, with light kettlebells, at a constant pace and for prolonged time intervals.
The Variable or Alternate Method: Different weights (growing and / or decreasing) are used within the same exercise, but the execution rhythm must remain constant regardless of the weight raised.
The interval method: short lifting series interrupted by one minute rest.
The repetition method: Intense rhythm lifting series for slightly less than racing time intervals.
The competitive method: simulation of the contest.

PERIODIZATION

The athlete trains to compete. Each ghirevik, per year, should aim at participating at least 5 or 6 "important" competitions, the ones that aim all its goals. Of course, there must be "test" competitions that help him/her become more courageous and capable of controlling the competition environment. It is very unlikely that participating one race per year allows ghirevik to acquire these psychological assurances, and in many cases athletes in these cases have “collapsed” mentally and physically.

TRAINING PERIODS

The preparation for competitions throughout the year is divided into several cycles, about two to three months each. Depending on the calendar of the competitions, then the whole year is also divided into:

- ✓ Preparation Periods - about 2 months
- ✓ Pre-comp Periods - about 4 weeks
- ✓ Transition Period - 2 or 3 weeks at the end of the Sports Year

During the Preparation Period, we focus on:

- General Physical Preparation (GPP) of all muscle groups
- Specific Preparation (SP)
- Improvement of strength and sport’s technique

Hence, the "direction" towards which this period aims is to improve the general athlete's preparation.

During the Pre-comp period, we focus on:

- Development and consolidation of the GPP
- Consolidation of the Exercises
- mental-psychological improvements
- If necessary, weight loss
- Re-check SP and develop the "Tactical Plan"

During this period, the work volume drops to 30-35%, but the training intensity is increased. It makes great use of SP.

The "direction" towards which this period aims is therefore to improve and bring to a higher level SP, up to the maximum level, and do the SP for the specific competition.

WORK VOLUME: INTERPRETING PERCENTAGES

30% - 50% → Light Load

51% - 70% → Average load

71% - 90% → Heavy Load

91% - 100% → Maximum Load

INTENSITY OF WORK

There are two work intensities:

- ✓ Absolute Intensity: Calculated as (Sum of Kg Raised) x (Repetitions performed)
- ✓ Relative intensity: is calculated as (Repeats to be performed) x (Percentage of the work volume)

Example: Knowing that execution with Maximum Load is 80 Jerks, the 80% Intensity will be 80 x 80% = 64 Jerks, 70% is 56 Jerks, 90% is 72 Jerks and so on ...

Years of sports experience suggest that the maximum improvement in Kettlebell Sport is achieved with Heavy Load (80% - 85%), higher intensity workouts (90% - 95%) are only used during the Pre-comp Periods.

AN EXAMPLE...

To better understand the topics discussed, an example (to be taken as such) of the National Team Ukraine training in Jerk is given below:

$\frac{24+24}{20}$, $\frac{32+32}{30\,(3')+20\,(3')+10}$ x 3 Light Load

$\frac{28+28}{20}$, $\frac{32+32}{40\,(2')+30\,(2')+20}$ Average Load

$\frac{32+32}{60\,(1')+40\,(1')+30}$ Maximum Load

As you can see, there is a progressive decrease in the rest interval: this allows to improve the resistance by working with load, keeping the heartbeats at 150 - 180 beats / min. One way to find the load intensity starting from the heartbeat is as follows: from maximum pulsations, for example, 180 beats per minute, the 90% intensity will lead to pulsations of 180 x 90% = 162 beats per minute. Remember that, among all the physical features, **ENDURANCE STRENGTH** is definitely the most important for a ghirevik. To develop it, a workout must include exercises with kettlebells, barbells and running / jumps!

PERIODIZATION FOR BEGINNERS

Training for athletes who approach Kettlebell Sport for the first time must necessarily have some features:

- ✓ 3 or 4 workouts per week
- ✓ For the lessons of the first months (but also the first year ...) Jerk and Snatch are performed in the same workout
- ✓ If training involves heart rate control, it is necessary to measure it before warm up, after warm up, before a test (a series, for example) and immediately afterwards !!! Only then can you know the recovery times of the heartbeat. At an indicative level, however, if before the test starts, the frequency is 100 beats per minute and immediately after 160 beats / min it will take about 2 minutes to return it to 120 beats per minute. Only then, when you reach 120 beats / min, you can start a new test (series).

SERIES IN TRAINING AND IN WEEKS

3 – 4 series of Jerk

2 – 3 series of Snatch

} In a training!!!

9 – 12 series of Jerk

6 – 9 series of Snatch

} In a week!!!

WEEKLY LOAD AND MONTHLY LOAD ADJUSTMENT

The load adjustment within the training week involves:

- ➢ 1 Heavy or Maximum Load training
- ➢ 2 Average Loads trainings
- ➢ 1 Light Load training

By inserting it into the **monthly interval**, the distribution of workouts based on the load is structured as follows:

Light Load:	9 series of Jerk, 5 series of Snatch
Average Load:	12 series of Jerk, 9 series of Snatch
Heavy/Maximum Load:	16 – 18 series of Jerk, 10 – 12 series of Snatch

COMBINING TRAINING PERIODS AND WORK VOLUMES ...

In the **Preparation Period**, usually the load is deployed in:

- ➢ 2 weeks at Heavy/Maximum Load
- ➢ 2 weeks at Average Load

...or...

- ➢ 1 week at Heavy/Maximum Load
- ➢ 2 weeks at Average Load
- ➢ 1 week at Light Load

In the **Pre-comp Period**, usually the load is deployed in:

- 1st week: Average Load
- 2nd week: Heavy/Maximum Load
- 3rd week: Average Load
- 4th week: Light Load

Usually, in the Pre-comp Period, **overall** loads are:

Heavy/Maximum Load	→ 50 series of Jerk, 25 series of Snatch
Average Load	→ Up to 40 series of Jerk, up to 20 series of Snatch

CONSIDERATIONS ABOUT EXERCISES

All training exercises performed to improve the **ENDURANCE STRENGTH** in general and the strength of the most important muscle groups carry a monthly load subdivided as follows:

- Snatch (and pendulum): about 24% of monthly load
- Jerk (and Bumps or specific squats): about 32% of monthly load
- Squat (and Half Squat - Dip): about 24% of monthly load
- Deadlifts (and other back exercises like Goodmorning): about 15% of monthly load
- Distentions (Push Press and similar): about 13% of monthly load

And now a precise quantitative analysis of a sample workout program (for a medium-high weight Master Sport - 75-90 kg).

JERK

$$\frac{32+32}{15}+\frac{32+32}{25}+\frac{32+32}{35}+\frac{32+32}{45}=\frac{7680}{120}$$

→ Periodo di Preparazione

⇨ Maximum loads in Jerk:

11920 kg corresponding to 140-160 Jerks (in a training!!!)
19520 kg corresponding to 268 Jerks (in a week!!!)
104260 kg corresponding to 1317 Jerks (in a month – Preparation)
113120 kg corresponding to 1709 Jerks (in a monti – Pre-comp)

HALF SQUAT-DIP

$$\frac{60}{12}\times 2+\frac{65}{12}+\frac{70}{8}=\frac{2780}{44}$$

⇕ **IMPORTANT DIFFERENCES IN LOADS!!! ***

SNATCH

$$\frac{32}{15+15}+\frac{32}{25+25}+\frac{32}{35+35}$$

⇨ Maximum Loads in Snatch:

1680 kg corresponding to 220-240 Snatches (in a training!!!)
13000 kg corresponding to 360 Snatches (in a week!!!)
66580 kg corresponding to 2032 Snatches (in a month – Preparation)
55760 kg corresponding to 1700 Snatches (in a month – Pre-comp)

*As you can see, especially in the monthly cycle of the Pre-comp Period, for the Jerk you keep a number of repetitions higher than what happens for the Snatch!!!

PENDULUM SWING (1 OR 2 KETTLEBELLS)

$\frac{32}{20}+\frac{40}{20}+\frac{40}{25}=\frac{2440}{65}$ ...or... $\frac{32+32}{10}+\frac{32+32}{15}\times 2=\frac{1600}{35}$

Maximum Loads in Pendulum.:
- 3040 kg corresponding to 95-100 Swings (in a training!!!)
- 7840 kg corresponding to 145 Swings (in a week!!!)
- 18125 kg corresponding to 430 Swings (in a month – Preparation)
- 14820 kg corresponding to 430 Swings (in a month – Pre-comp)

SQUAT

$\frac{60}{20}\times 2+\frac{70}{20}\times 2+\frac{80}{20}\times 2=\frac{5800}{120}$ with barbell, $\frac{40}{30}+\frac{40}{40}=\frac{2800}{70}$ with kettlebell

Maximum Loads in Squat:
- 5850 kg corresponding to 100-120 squats (in a training!!!)
- 10000 kg corresponding to 180 squats (in a week!!!)
- 36550 kg corresponding to 620 squats (in a month – Preparation)
- 11725 kg corresponding to 178 squats (in a month – Pre-comp)

GOODMORNING EXERCISE

$\frac{50}{20}+\frac{60}{20}+\frac{70}{20}=\frac{3600}{60}$ with barbell

Maximum Loads in Goodmorning.:
- 4000 kg corrispondenti a 100 (barbell) 200 (kettlebells) Goodmornings (in a training!!!)
- 6900 kg corresponding to 100 (barbell) 230 (kettlebells) Goodmornings (in a week!!!)
- 13340 kg corresponding to 270 Goodmornings (barbell) (in a month – Preparation)
- 30680 kg corresponding to 810 Goodmornings (kettlebells) (in a month – Preparation)
- 6900 kg corresponding to 100 Goodmornings (barbell) (in a month – Pre-comp)
- 21120 kg corresponding to 530 Goodmornings (kettlebells) (in a month – Pre-comp)

PRESS (SITTING, STANDING, LYING ON THE FLOOR)

$$\frac{32}{15+15}+\frac{32}{20+20}=\frac{2340}{70} \quad \text{...or...} \quad \frac{32+32}{20}+\frac{32+32}{30}=\frac{3200}{50}$$

Maximum Loads in Press :

5120 kg corresponding to 70-80 presses (in a training!!!)
6900 kg corresponding to 180-190 presses (in a week!!!)
21740 kg corresponding to 650 presses (in a month – Preparation)
26580 kg corresponding to 720 presses (in a month – Pre-comp)

NOTES:

INTERNATIONAL KETTLEBELL LIFTING TRAINING CENTER ACADEMY

International Girya Sport Federation

LEVEL 1 TRAINER COURSE

2 days program (10 am - 5 pm):

- ✓ Floor exercises / Bodyweight training
- ✓ Kettlebell Swing (pendulum technique)
- ✓ Kettlebell Swing (squat technique)
- ✓ One Arm Swing
- ✓ Hand-to-hand Swing
- ✓ Protjgka
- ✓ Kettlebell Clean
- ✓ Kettlebell Snatch
- ✓ Press with Kettlebell
- ✓ Push Press with Kettlebell
- ✓ Military Press with Kettlebell
- ✓ Kettlebell Jerk
- ✓ Support exercises

FINAL TEST: verification of learned techniques and 30' non stop lifting sequence using the course lifts

INFO:

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INTERNATIONAL KETTLEBELL LIFTING TRAINING CENTER ACADEMY

International Girya Sport Federation

LEVEL 2 TRAINER COURSE

2 days program (10 am - 6 pm):

Program:

- ✓ Snatch and Jerk Exams
- ✓ Depth study of Snatch technique
- ✓ Depth study of Jerk technique
- ✓ Study of Long Cycle technique
- ✓ Double Snatch technique
- ✓ Kettlebell Juggling techniques
- ✓ Assistance exercises: Get Up, Windmill, Kettlebell Jumps, specific exercises for Jerk and Snatch techniques improvement

THE EXAM:

JERK EXAM	WEIGHT CAT.	KETTLEBELL	SUFFICIENT	GOOD	EXCELLENT
MEN	70 kg	16+16	45	55	80
	85 kg	20+20	40	50	80
	+85 kg	24+24	35	50	70
WOMEN	65 kg	12	60	70	100
	+65 kg	12	70	90	110

SNATCH EXAM	WEIGHT CAT.	KETTLEBELL	SUFFICIENT	GOOD	EXCELLENT
MEN	70 kg	16	100	110	150
	85 kg	20	95	105	125
	+85 kg	24	85	95	115
WOMEN	65 kg	12	70	90	135
	+65 kg	12	80	100	140

SUFFICIENT is the minimum score needed to continue the course, and adds your name in the list of Level 2 trainers. GOOD adds your name in the list of Level 2 trainers. EXCELLENT adds your name and your picture in the list of Level 2 trainers.

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OLEH ILIKA

Oleh Ilika was born on September 2, 1971 in a small village in Ukraine. As a child, he has always seen with great passion the world of sports: like many children at six, his greatest desire was to have a football uniform, even though in the small country where he lived, there was no chance to get it!

With time, the passion for physical activity continues to increase: at ten he acquired a book in his village's library where exercises with dumbbells and bands were explained; so, just by looking at the figures of the book, he spends much of his free time to "imitate" those exercises in a stable, from the first to the last. With the help of his dad, after having built a bar for pull ups (leaning on two trunks!), he begins to practice in several gym exercises, increasing his strength more and more.

It passes the following years of his childhood practicing different sports, thanks to the possibility provided by the middle school and, in the following years, from high school during physical education classes: artistic gymnastics, athletics, skiing, soccer, volleyball (in teams of the school), free fight, sambo, judo, karate... But as far as he practices more and more sports, even achieving excellent results (800 m in 2 '04 "; Black Karate Belt, totaling about 20 podiums in national races Kata and Kumite, to name a few ...), his sporting passion begins to take a definite form: artistic gymnastics, fight and weight lifting ... are the sport of strength to conquer it totally!

At the age of 18, army calls: after getting ready for the Military Academy, he is selected along with 29 more soldiers (from over 440 candidates) and promoted to Sergeant Captain of the Parachute Department - Spetsnaz, special units of the countries of the former Soviet Union. There, he finds the possibility of specializing in the military-sports discipline of the Military Triathlon (Kalashnikov shooting, launching a grenade, running) and Military Sambo (a sort of sambo, with a little less rules ...). While undergoing daily hard training (60-65 km of running per day, every day!), he notices that some soldiers seem to be less fatigued... Finds out that these soldiers are ghirevik and he knows Kettlebell Sport, participating, in the Academy, at his first competition!

After the army, he graduated in Physical Education, working in Ukraine until 2000 as a Kettlebell Sport, Powerlifting and Arm Wrestling trainer, still being tied more to the Kettlebell Sport's sports team and continuing formally the soldier's career in the Vympel Department, specializing in sabotage. It funds, in Ukraine, the first Kettlebell Sport Regional Federation, thus also engaging in sports politics.

At the beginning of the 2000s, the International Gira Sport Federation, with the aim of promoting Ghiri Sport in the world, called on its major exponents to "spread the kettlebell" to other countries: on September 18, 2000, on commission directed by IGSF, Oleh moves to Italy and ... as said, everything else is history!

OLEH ILIKA ATLETA E MAESTRO DEI RECORD...

27 anni di gare
400 competizioni in carriera
7 ori come Campione Mondiale IGSF
2 Guinnes World Record
Vincitore Coppa Ukraina
10 volteVincitore Coppa Italia
6 volte Campione Ukraina
20 volte Campione Italia
2 ori come Campione Europeo
Campione Europeo Veterans 40-44
Campione Europeo Stafetta
Campione Europeo nella Stafetta Veterans
10 ori Europei e Mondiali nella Maratona
7 volte Campione Mondiale Veterans 40-44
2 ori Mondiali nella Staffetta Elitè
2 ori Mondiali nella Stafetta Veterans
4 volte Terzo classificato in Staffette Mondiali
5 volte Secondo classificato in Stafette Mondiali
4 argenti nel Campionato Mondiale
4 bronzi nel Campionato Mondiale

Master Sport International Klass
Due medaglie d'onore per la promozione kettlebell sport nel mondo
Laureato scienze motorie e allenatore
Responsabile Nazionale Settore Kettlebell ASI
Allenatore Nazionale Italiana
2 volte Campione Mondiale in qualità di Allenatore della nazionale Italiana
Campione Europeo in qualità di Allenatore nazionale Italiana
Recordman Ukraina,Italia
Recordman Mondiale nella Maratona (in diverse specialità)
Recordman Mondiale Veterans 40-44 (Slancio,Strappo,Slancio Completo)
Recordman Mondiale Sprint (in diverse specialità)

NON PERDERE ALTRO TEMPO... ALLENATI ® CON

OLEH ILIKA

OLEH ILIKA - PERSONAL BEST

MARATHON:
Long Cycle 24 kg 1 h: 1095 repetitions
Long Cycle 32 kg 30 min: 437 repetitions
Long Cycle 24 kg 30 min: 600 repetitions
Long Cycle 20+20 kg 30 min: 310 repetitions
Long Cycle 16+16 kg 30 min: 411 repetitions
Jerk 24 kg 30 min: 931 repetitions
Jerk 32kg 1 h: 1056 repetitions
Jerk 24kg 1 h: 1420 repetitions
Jerk 32kg 2 h: 1600 repetitions
Jerk 24kg 2 h: 2400 repetitions
Jerk 24kg 12 h: 6260 repetitions
Jerk 60 kg 1 h: 237 repetitions
Snatch 20 kg 1 h: 1521 repetitions
Snatch 32 kg 30 min: 471 repetitions

- ✓ Presidente FGSI
- ✓ Vice Presidente IGSF
- ✓ Giudice Internazionale IGSF
- ✓ Atleta Classe Internazionale (MSIK)
- ✓ Campione e Recordman del Mondo
- ✓ Recordman Guinnes
- ✓ Direttore Tecnico Sportivo Nazionale Italiana
- ✓ Responsabile Nazionale Settore Kettlebell ASI

10 MINUTES:
Jerk 32+32 kg: 120 repetitions
Snatch 32 kg: 209 repetitions
Long Cycle 32+32 kg: 85 repetitions
Snatch 28 kg: 230 repetitions
Snatch 26 kg: 243 repetitions
Jerk 24+24 kg: 202 repetitions
Snatch 24 kg: 276 repetitions
Snatch 20 kg: 287 repetitions
Snatch 18 kg: 300 repetitions
Long Cycle 28+28 kg: 120 repetitions
Long Cycle 24+24 kg: 142 repetitions
Long Cycle 16+16 kg: 200 repetitions
Jerk 20+20 kg: 230 repetitions
Jerk 18+18 kg: 260 repetitions
Jerk 16+16 kg: 300 repetitions

SPRINT:
Long Cycle 24+24 kg 1 min: 23 repetitions
Long Cycle 24+24 kg 3 min: 60 repetitions
Long Cycle 24+24kg 5 min: 93 repetitions
Long Cycle 32+32 kg 3 min: 45 repetitions
Long Cycle 32+32 kg 5 min: 59 repetitions
Jerk 24+24 kg 3 min: 94 repetitions
Jerk 24+24 kg 5 min: 125 repetitions
Snatch 24 kg 1 min: 42 repetitions
Snatch 24 kg 3 min: 118 repetitions
Snatch 24 kg 5 min: 175 repetitions
Snatch 32 kg 5 min: 138 repetitions
Snatch 40kg 3 min: 77 repetitions