

ROCHESTER

FALL 2017

KETTLEBELL
SKILLS CLINIC

Interested in kettlebells? Join us! Come learn how to safely and effectively train with kettlebells.

What Will I Learn?

You will learn the following skills as taught by StrongFirst®:

- Turkish Get Up
- Squat
- Swing
- Clean
- Snatch* ability level dependent

Upon completion, participants will be evaluated according to StrongFirst® standards

Through the lens of our sports physical therapist, individualized dynamic mobility and stability drills will be emphasized and incorporated to maximize movement quality and reduce injury risk.

This class will be hands on and active.
Expect to move.

Clinic Details

of Sessions: 8

Dates: Saturday Oct 14, 21, 28, Nov 11, 18, Dec 2,9,16

Instruction Time: 800 – 900 am

Additional Practice Time: Mondays 6-7pm; Saturdays 730-800, Wednesdays/Fridays 6 – 7 am

Cost: \$129

Space is limited to **16 participants**; secure your spot today!

Location:

Dan Abraham Healthy Living Center
Sports Medicine Center 3rd Floor
565 1st Street SW, Rochester

'Strength is a Skill'

~Pavel Tsatsouline
Founder and Chairman of StrongFirst, Inc.



Who Should Attend?

This clinic is appropriate for those new to kettlebell training AND for the experienced user who wants to hone his/her technique. Must be 18+ to register. This is accessible to the community and to Mayo Clinic employees

What to Expect?

This clinic will involve INSTRUCTION and TRAINING. Each class will begin with mobility/stability drills, followed by a focused skills session, and end with a training session. Expect to work hard. Expect to be held to a high standard. Meet Your Team:

Jennifer Noiles –SFG2, FMS Level 2, CSCS,
EXOS Performance Specialist

Eric Pohl – USAW1, SFG1, FMS Level 2, CSCS,
EXOS Performance Specialist

Paul Yerhot, PT, DPT – Sports Physical
Therapist, FMS Level 1, Mobility Specialist,
former 400m dash runner

FOR MORE INFORMATION CONTACT:

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or call 507 -266 -9100