



Certificate of Attendance

Advanced Kettlebell Training

Presented by Health Conception GmbH and
kettlebellfitness.de

Marcel Schade

attended 4 hours of training at our
kettlebell workshop for advanced

Instructor: Alexandra Biernat

02/17/2013, Cologne/Germany

Content: Swing variations, Push Press, Jerk, High Pull, Snatch, Windmill, Press variations, Pistol, Renegade Row, Lunge variations, introduction to hand-to-hand exercises, double kettlebell exercises, complexes and training methods for advanced students.

Dr. Till Sukopp, Head Instructor

