



# Certificate of Attendance

## Kettlebell training for beginners

Presented by Health Conception GmbH and  
kettlebellfitness.de

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**Marcel Schade**

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attended 4 hours of training at our  
kettlebell workshop for beginners

**Instructor: Alexandra Biernat**

02/16/2013, Cologne/Germany

Content: historical and theoretical basics of kettlebell training, warm-up and preparation movements, posture, breathing and safety aspects, techniques for improved muscle tension, introduction to the basic techniques Swing, Turkish Get-Up, Clean, Military Press, Front and training principles.

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Dr. Till Sukopp, Head Instructor

