



# KETTLEBELL SPORT COACH QUALIFICATION LEVEL 1

## OPTION 01

### IFE KETTLEBELL COACH QUALIFICATION LEVEL 1 EXAM

Movement	Reps	Male	Female
Hand-to-Hand Swing	120 reps	16kg	8kg
Alternating Clean & Press	40 reps	16kg	8kg
Alternating Snatch	80 reps	16kg	8kg
Front Squat	40 reps	16kg	8kg

## OPTION 02

### IFE KETTLEBELL COACH QUALIFICATION LEVEL 1 EXAM

Movement	Reps	Male	Female
Hand-to-Hand Swing	100 reps	20kg	12kg
Alternating Clean & Press	30 reps	20kg	12kg
Alternating Snatch	60 reps	20kg	12kg
Front Squat	30 reps	20kg	12kg

## OPTION 03

### IFE KETTLEBELL COACH QUALIFICATION LEVEL 1 EXAM

Movement	Reps	Male	Female
Hand-to-Hand Swing	80 reps	24kg	16kg
Alternating Clean & Press	20 reps	24kg	16kg
Alternating Snatch	40 reps	24kg	16kg
Front Squat	20 reps	24kg	16kg