



MIKE MAHLER LEVEL I KETTLEBELL WORKSHOP REVIEW

Recently I was fortunate enough to attend Mike Mahler's Level I Kettlebell Workshop in Providence, RI. For those of you who don't know what a kettlebell is check out some of these pictures from Mike's website:

<http://www.mikemahler.com>



A kettlebell is basically a big metal bowling ball with a thick handle. The kettlebell originated in Russia and has recently gained popularity in the United States with the help of some prominent strength coaches. One of those Coaches is named Pavel Tsatsouline and if you want to learn about kettlebells, go check out this website:

Click on this link: <http://www.dragondoor.com/a/2094>

Anyway, there were about 10 people attending the workshop with me and we all met at a public park in Providence. The 11 of us took over a small section of the park and we spent the next 5 hours learning about kettlebell lifting from Mike. There were all sorts of overweight joggers and people walking through the park that gave us some quizzical looks. It was actually a really cool environment to learn about this training tool and added to the experience tremendously.



Mike's workshop started off with some Joint Mobility drills that helped to prepare our muscles and joints for the intense exercise we were about to experience. After getting warmed up, Mike started presenting a variety of kettlebell basics to us. Rather than throwing a hundred exercises at us Mike opted to make sure we had the basics of kettlebell lifting down by the end of the day. I was really happy that he decided to do this because there were so many nuances to this type of training and I can see how it would be really easy to develop some bad habits right from the get go without some real scrutiny on proper technique.

The difference between getting results often lies in the details and Mike spent a great deal of time examining each participant's form so that we could get the most out of each drill.

As a coach myself I really appreciated how Mike was able to break down each of these complex kettlebell exercises into easily learned drills. Mike was adept at identifying learning problems that the group was having and matching assistance exercises that would convey the proper mechanics of the exercise.

I am psyched that I attended this workshop because I now have another tool in my training toolbox that I can rely on. I had a blast performing some of these kettlebell drills and I got a tremendous workout in the process. The coolest thing about kettlebell lifting in my opinion is some of the unique movements that can be performed with this interesting training tool.

I tell you, as I sit here writing this review four days after the workshop I AM STILL SORE from the exercises I did that day! The unique nature of these kettlebell exercises allowed me to discover muscles I never realized were so weak. The whole-body nature of these exercises really helped to illuminate some of my weak links and help me learn to use my body as a unit.

At the end of the day I felt great as I learned a lot about this interesting tool known as the kettlebell. I think an important part of training is that it should be fun and Mike Mahler clearly demonstrated how implementing kettlebell training into my routine will add some nice variety and excitement to the mix. Thanks again Mike and I look forward to attending another workshop in the future.

Train with purpose,

Kyle Battis CSCS, L/ATC, NSCA-CPT

(Here is a picture of Mike and myself at the end of the day!)

