

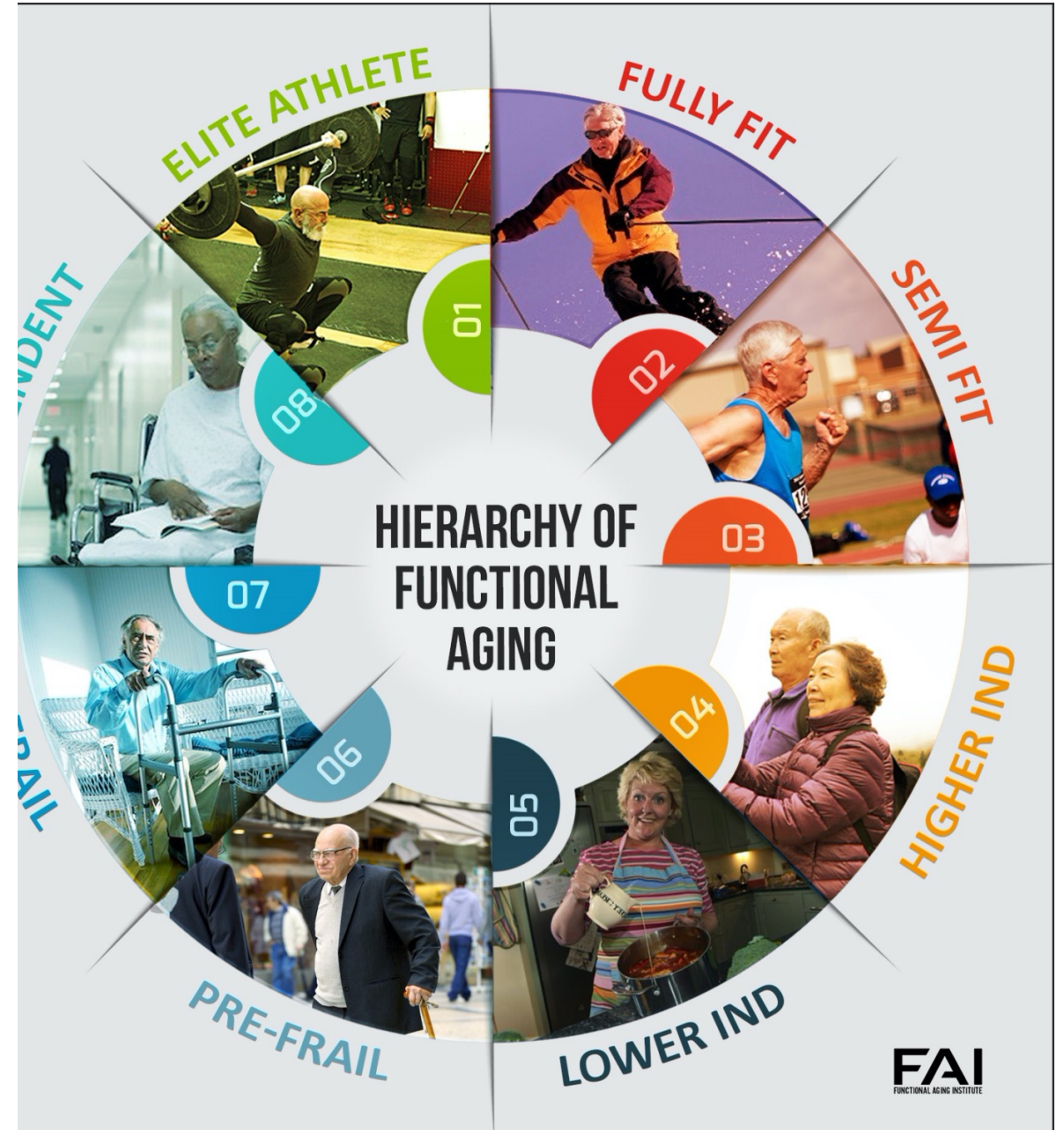


Training with Kettlebells for Active Aging Clients

Rachel Prairie

FAI-Specialist, PPSC, KB Athletics, NASM-CPT,
Reiki Level II, Integrative Health Coach

Who is it for



The Mature Market

- ✓ Health and Longevity
- ✓ Peak Experiences
- ✓ Quality of Life
- ✓ Travel
- ✓ Quality Family Time
- ✓ Productivity
- ✓ Peace
- ✓ Sexuality
- ✓ Hobbies
- ✓ Adventure
- ✓ Work/Volunteer
- ✓ Function
- ✓ Energy
- ✓ Life Experiences

Why Kettlebells

- ✓ Improves Posture
- ✓ Improves Heart Health
- ✓ Increases bone density
- ✓ Adds muscle mass
- ✓ Improves balance, great for preventing falls and better footing
- ✓ Increases grip strength, another attribute that disappears quickly as you get older
- ✓ Improves mobility
- ✓ Joint health, the frequent nutritional pumping movements of kettlebell training improves joint health
- ✓ Improves circulation
- ✓ Increases cardiovascular health
- ✓ Raises metabolic rate for fat loss
- ✓ Increases confidence
- ✓ Improves mental health



Common Assessments for Function for Older Adults

30 second Chair Stand

8' Up and Go

Posture and Body Alignment

Daily check-in using eyes & ears: at risk or ready?

Key Principles

**FAI*

1. Assess, prioritize, and train ALL components of function
2. Make purposeful decisions for every aspect of training
3. Integrate movement patterns (train in all 3 planes) to prepare for functional demands
4. Include isolation-type exercise movements as supplementary and complementary rather than the primary component of the routine
5. Perform exercise movements in a seated position only when absolutely necessary or when it serves a specific purpose
6. Order the session according to energy level with more complicated, multicomponent movements occurring earlier and less complicated, isolation-type movements occurring later
7. Maximize client safety and success by taking a holistic approach to training

Movements

Squat

Hinge*

Lunge

Push

Pull

Carry / Core*

Exercise Selection 90% rule

	Squat	Hinge	Lunge			Push		Pull		Core	
Advanced -Level- Beginner	Squat	Hinge	Single leg pattern	Split squats	Lunge	Horizontal Push	Vertical Push	Horizontal Pull	Vertical Pull	Carries	Core
	Barbell back squat	KB Snatch	Pistol	Jumping split squat	Walking deadlifts	Barbell bench press	Barbell press	Bent over barbell row	Pull-up	Overhead carry	Standing: Windmill, Figure 8
	Front squat	Barbell deadlift	Squat	Staggered Stance squat	Forward lunges	Incline barbell press	Bodyweight pike	DB/KB bent over row	Upright row	Zercher carry	Kneeling or 1/2 kneel
	Box squat	Deadlift from the floor	Single leg deadlift	Staggered Stance deadlift	Walking lunges	Loaded push-up	Dips	2 pt/3 pt row	Assisted pull-up	Bottom up KB carry	Prone: planks, pull thrus
	Zercher squat	Deadlift from appropriate height	Step down	Bulgarian Split squats	Stationary lunge	Floor press	KB press, thrusters, 1/2 kneel	Landmine row	Pull overs	Racked carry	Supine: deadbug
	Landmine squat	Top down RDLs		Front foot elevated SS	Curtsy lunge	Slight incline press	DB press	Face pull	Lat pull downs	Single arm carry	
	Cable squat	Swings, Cleans & Pull throughs		Lateral Split squat	Step ups	Cable press	KB bottom up press	Low cable row	Neutral grip pull downs	Farmers carry	
	Goblet squat	Cable/Band deadlifts		Loaded split squat	Lateral lunge	TRX push-up	Band press	Horizontal bodyweight row	Straight arms pull downs		
	Goblet squat to box	Good mornings & goat belly		Bodyweight split squat	Loaded reverse lunge	Bodyweight push-up	Landmine press	TRX row	Angled cable rows		
	Bodyweight squat	Loaded bridge		TRX split squat	Bodyweight reverse lunge						
	TRX squat	Bodyweight hinging			TRX reverse lunge						

Warm-up

Roll call, how do you feel today?

At risk or ready
Low energy or high
Sharp or Cognitive concerns

Pre-work Mobility drills

Foot ankle

- Plantar stimulation with ball
- Short foot with squat or DL
- Ankle circles, calf raises

Hip

- Frog rock
- Hip rolls
- ROT steps

Spine

- Wag your tail
- T-spine rotations

Shoulder

- Flappers
- Supine presses

Warm-up

5e Supine Figure Four Quad
10e Crossbody Stretch
10e Stationary Hip Step Over
10e Bodyweight Lateral Lunge
30s Plank

Master the basics

Hinge

- DL
- Goat Belly

Swing

- Deadstop
- SA
- H2H

Clean (for racked position)

- 2 hand
- ½ kneel
- Press

Carry/Core

- Variations

Programming Variety

Start Positions (standing stances, kneeling, half-kneeling, prone, lying, etc.)

Volume (heavier, more reps, more sets, more work in less time)

Arm movements (bilateral, unilateral, alternating, reciprocating, etc.)

Temporal, Speed, Tempo and Rhythm Variations

Challenging the core three-dimensionally (moments vs movements)

Mobility/Gait/Agility Training Basics (stepping over; maneuvering around; basic gait patterns; moving quickly)

Programming

Order	Domain	Mvmt	Resistance-Rx Elite	Sets	W/R	Fully Fit	Semi Fit	Functional	Client Notes
1	MS	Push	Push-up	2	30/30	ELVE push-up	ELVE push-up	Wall push-up	
2	MS	Pull	SA BO row	2	30/30	3 PT row	Low cable row	Standing row	
3	MS	Hip	SL Box bridge	2	30/30	SL floor/box bridge	floor bridge	TRX butt kickers	
4	MS	AE Core	Elephant walk	2	30/30	Kneeling walk	Wall walk	Hand shuffles	
5	NM	Knee	KB squat	2	30/30	BW squat	TRX squats	TRX chair squats	
6	BAL	Gen Core	Mountain climber	2	30/30	ELVE m. climber	ELVE no jump	Wall high knees	
7	CV	Gen Core	Burpee no push-up	2	30/30	Extensions	Partial squat	Hip hinges	
Finisher	COG	Chair 1234 relay game							
Stretching	MOB	Static stretching hip, shoulder, glute							

Next steps



Practice



KB Certification COMING SOON with FAI



YouTube exercise library: Prairie Fitness



Kettlebell Kings Code: CoachRachelPrairie



Sources



Contact me: CoachRachelPrairie@gmail.com

Thank you!!!



FAS

7th Annual
FUNCTIONAL
Aging Summit

With Special Guest _____

Rachel Prairie

June 11-12  Online Event

FunctionalAgingSummit.com