



## **KP BARBELL - COURSE SCHEDULE**

NOTE: times listed are for reference purposes only and may vary from course to course

### **DAY ONE – INTRODUCTION AND DEADLIFT (CONVENTIONAL, SUMO, TRAP BAR)**

**9:30 – 10:00 – Check-In and Greeting Attendees**

**10:00 – 10:45**

#### **I. Introduction to KP Barbell**

- a. KP Barbell lifting principles
- b. Troubleshooting errors
- c. Maximizing IAP and whole-body tension

**10:45 – 11:45**

#### **II. Deadlift – Practical Application (Setup)**

- a. Earn the bar (qualifying clients)
- b. Choosing the right starting exercise
- c. Personalizing setup (conventional and sumo)
- d. Setup practice

**11:45 – 12:30**

#### **III. Deadlift – Practical Application (Partner 1)**

- a. Movement prep/prime
- b. Lifting mechanics, execution, coaching
- c. Technique troubleshooting

**12:30 – 1:15 – Lunch Break**

**1:15 – 2:00**

#### **IV. Deadlift – Practical Application (Partner 2)**

- a. Lifting mechanics, execution, coaching
- b. Technique troubleshooting

**2:45 – 3:45**

## **V. Deadlift – Practical Application**

- a. Adapting the deadlift in the presence of pain
- b. Velocity training (trap bar)
- c. Review error videos

**3:45 – 4:00 – Clean-Up, Wrap-Up, and Q&R**

## **DAY TWO – BENT-OVER ROW AND BENCH PRESS**

**10:00 – 11:30**

### **I. Bent-Over Row – Practical Application**

- a. Earn the bar (qualifying clients)
- b. Personalizing setup
- c. Movement prep/prime
- d. Lifting mechanics, execution, coaching
- e. Troubleshooting errors

**11:30 – 12:30**

### **II. Bench Press – Practical Application (Setup)**

- a. Earn the bar (qualifying clients)
- b. Personalizing setup
- c. Setup practice

**12:30 – 1:15 – Lunch Break**

**1:15 – 2:45**

### **III. Bench Press – Practical Application (Partner 1 and 2)**

- a. Movement prep/prime
- b. Lifting mechanics, execution, coaching
- c. Troubleshooting errors

**2:45 – 3:45**

### **IV. Bench Press – Practical Application**

- a. Adapting the bench press in the presence of pain
- b. Velocity training (bench press)

- c. Review error videos

**3:45 – 4:00 – Clean-Up, Wrap-Up, and Q&R**

## **DAY THREE – OVERHEAD PRESS AND SQUAT (FRONT, ZERCHER, AND BACK)**

**10:00 – 11:30**

### **I. Overhead Press – Practical Application**

- a. Earn the bar (qualifying clients)
- b. Personalizing setup
- c. Movement prep/prime
- d. Lifting mechanics, execution, coaching

**11:30 – 12:30**

### **II. Squat – Practical Application (Setup)**

- a. Earn the bar (qualifying clients)
- b. Choosing the right starting exercise
- c. Personalize setup (front, Zercher, and back)
- d. Setup practice

**12:30 – 1:15 – Lunch Break**

**1:15 – 2:45**

### **III. Squat – Practical Application (Partner 1 and 2)**

- a. Movement prep/prime
- b. Lifting mechanics, execution, coaching
- c. Technique troubleshooting

**2:45 – 3:45**

### **IV. Squat – Practical Application**

- a. Adapting the squat in the presence of pain
- b. Velocity training (squat)
- c. Review error videos

**3:30 – 4:00 – Clean-Up, Wrap-Up, and Q&R**