Welcome to Kettlebell Power: Coach Notes

Welcome to **Kettlebell POWER** — a dynamic, full-body strength and conditioning experience designed to help your clients build real-world strength, core stability, and athletic confidence using just one kettlebell.

This program blends foundational kettlebell skills with progressive strength work, power training, core integration, and conditioning. It's structured, repeatable, and incredibly coach-friendly — giving you a polished program you can confidently deliver inside your business.

Your clients won't just complete workouts. They'll feel stronger, more capable, and more powerful week after week. This is efficient training. This is athletic movement. This is kettlebell confidence.

🔗 START HERE: Kettlebell Power Program ASSETS

Here's everything you need to launch Kettlebell Power smoothly:

Download the Kettlebell Power Workout Videos
Full-length, follow-along workouts. Download from Google Drive and upload to your secure platform. Please keep videos private inside your membership, app, or client portal.

Grab Your Editable Video Thumbnails
Canva templates ready for you to brand. Add your logo, adjust colors and fonts, and give your content a polished, professional look.

Download the Client Success Guide + Trackers
Your done-for-you client resource includes the 4-week calendar, weekly focus themes, progression guidance, and workout trackers — all designed to boost consistency and retention.

Access the Program Intro / Trailer Video
Use this to introduce the program, build excitement, and explain the momentum-building structure to your clients.

How to Get Started (Quick & Simple)

Most coaches launch **Kettlebell POWER** in this order:

1. Upload the workout videos to your private platform
2. Brand the thumbnails in Canva
3. Upload (and optionally brand) the Client Success Guide
4. Choose your program start date
5. Share your launch post

Once these steps are complete, your program is live.

From there, your role becomes simple and powerful: **Guide. Encourage. Celebrate.** The training structure is already built.

Bringing Kettlebell Power to Your Community

Here's a high-energy launch post you can use:

🔥💥 KETTLEBELL POWER IS HERE 💥🔥

We're kicking off a brand-new strength experience designed to help you build real power using simple, effective kettlebell training.

This 4-week program will help you:
💪 Build full-body strength
🔥 Develop powerful hip drive and athletic movement
⚡ Improve core stability and balance
✨ Feel stronger and more confident in your workouts

Inside Kettlebell POWER you'll get:
✔ Follow-along guided workouts
✔ Smart strength and conditioning structure
✔ Short, efficient training sessions
✔ A clear weekly plan to keep you consistent

If you're ready to feel stronger, more capable, and more powerful…

👉 Comment or message me to join **Kettlebell POWER.**

Let's train strong together. Let's build momentum — together.

Delivery Options

Kettlebell POWER fits beautifully into many coaching models.

Use it:
- Inside a membership or training app
- As a standalone 4-week challenge
- As a strength or conditioning phase
- As part of a longer training cycle
- As an introduction to kettlebell training

Run the workouts exactly as provided — or layer in your own accountability systems, check-ins, or coaching calls.

A Note About Coaching Together

You'll notice I'm the trainer guiding your clients through the workouts — and that's intentional.

Think of me as your on-screen training partner.

You bring the relationship, personalization, and encouragement.
I deliver clear, structured workouts with energy and precision.

Many coaches introduce it like this:

"You've got two coaches on this program — I'm here to support you personally, and Ro is guiding your workouts on screen. When it's time to train, just press play."

It feels polished. It feels professional. And clients love the clarity.

Your Role as the Coach

The workouts create structure. Your leadership creates results.

Your encouragement, check-ins, and energy are what keep clients consistent.

When clients press play, the training is handled. When they finish, you're there to celebrate the win. That combination builds retention.

Want Extra Support Promoting This Program?

Your **Kettlebell Power** purchase includes all the workout and client-facing assets you need.

If you'd also like done-for-you marketing and launch support, there's an optional **Spring Fling Strategy Pack** available that includes:

- promotional posts
- workout summary videos
- content ideas
- a challenge-style lead magnet to help drive sign-ups

All assets are fully editable and white label — just like your workouts.

👉 **Learn more about the Spring Fling (muscle pack) Strategy Kit here >>**

Your COUPON CODE for the Strategy Pack

Because you already own the **Kettlebell Power** workout program, you're invited to add the **Spring Fling Strategy Pack** at a special owner-only rate of $49! That's a significant thank-you savings!

Use code: ProgramBonus

Please note: This strategy pack bonus is valid for one-time use per client

The strategy pack is optional - and it's here for coaches who want a little extra support on the marketing side.

Want a brand-new program delivered to you every month?

If you love how easy Functional Momentum is to run, you might enjoy the **Monthly Playbook**. Each month inside the Playbook, you receive:

- a brand-new white label workout program
- done-for-you client assets
- optional marketing support
- fresh energy to keep your community excited

It's designed for coaches who want consistency and momentum without having to constantly plan what's next.

You're invited to learn more about the **Fitness Business Monthly Playbook here >>**

Want a Done-For-You Fitness Business Website?

If at any point you'd like your programs professionally uploaded, organized, and branded inside a complete fitness business website, there's an optional done-for-you solution available through OnlineWorkoutClub.com.

This option is simply here for coaches who want everything set up in one place, already done and ready to share, today.

Learn more about the DFY Solution through the **OnlineWorkoutClub.com >>**

A Quick Licensing Reminder

These white label videos and assets are licensed for use **inside your private coaching platforms only**.

Please do not post publicly or share access links outside of:

- Private client Facebook groups
- Membership sites or apps
- Password-protected client portals

Keeping this content exclusive protects its value for all coaches. Thank you :)

Need Help or Have Feedback?

You're never doing this alone.

Whether you need help with links, Canva files, positioning, have questions, or you just want to share a win — I'm here for you. Reach out anytime! I truly love hearing from you!
hello@whitelabelworkouts.com

And don't forget to hop into our **Facebook Group** to connect with other coaches, get ideas, and celebrate progress.

Got feedback on the program? We'd LOVE a Google Review! **Submit your review here >>**

You’re Ready to Lead with POWER

You now have everything you need to deliver a structured, professional, confidence-building kettlebell training experience.

Make it yours.
Bring your energy.
Lead boldly.

And know I’m always cheering you on.

Xo,
Ro Little
Founder + Your Online Fitness Specialist
WhiteLabelWorkouts.com 🚀