



FORTITUDE - March 2008 - Issue #20

Welcome back everyone!

Thank YOU

I want to also thank you all for giving me feedback on my newsletters! Keep them coming as we can use it to help us improve our quality for you.

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Exercise Routine of the Month

This month we are going to shift gears to perform strength training focusing on total body strength movements. CAUTION these movements currently require you to be in advance skill level which will take your fitness to the next level. Remember you **MUST** possess perfect technique on basic and intermediate exercises before you perform these movements!

- 1a. Barbell Deadlift 4x6
- 1b. Kettlebell Floor Press 4x6
- 2a. Pullup 4x6
- 2b. Heavy Kettlebell Swing 4x10 View my video: <http://www.youtube.com/watch?v=l2J5JEKUOQQ>
- 3a. Kettlebell Bent Over Row 4x6
- 3b. Reverse Crunch 4x10
- 4a. Kettlebell Shoulder Press 4x6
- 4b. Kettlebell Long Arm Crunch 4x10

The first exercise, **1a**, is the **Barbell Deadlift** loaded with a moderate challenging kettlebell weight for 6 repetitions. Make sure you maintain perfect technique! Those of you working with me know the proper Deadlift technique. The second exercise, **1b**, done immediately after the Deadlift is the **Kettlebell Floor Press** holding a kettlebell in each hand performing 6 repetitions per arm. You will then rest about 1 to 2 minutes and then perform another set for a total of four sets.

The third exercise, **2a**, **Pullup** done with assisted, body weight or with plates attached to a dip belt. The fourth exercise done immediately after the Pullup is, **2b**, **Heavy Kettlebell**. Use a challenging kettlebell load to perform 10 repetitions. The swing technique is shown in my video: <http://www.youtube.com/watch?v=l2J5JEKUOQQ>. You will then rest about 1 to 2 minutes and then perform another set for a total of four sets.

The fifth exercise, **3a**, **Kettlebell Bent Over**, hold two moderate challenging kettlebell load in each hand and perform 10 repetitions. The sixth exercise, **3b**, **Reverse Crunch** done with body weight or with a comfortable dumbbell load held between your feet for 10 reps. You will then rest about 1 to 2 minutes and then perform another set for a total of four sets.

The seventh exercise, **4a**, **Kettlebell Shoulder Press**, hold two moderate challenging kettlebell load in each hand in rack position and perform 6 repetitions. The eighth exercise, **4b**, **Kettlebell Long Arm Crunch** done with a comfortable kettlebell load held in your hands over your chest while laying down for 10 reps. You will then rest about 1 to 2 minutes and then perform another set for a total of four sets.

Please make sure you maintain perfect technique for all these exercises as I cannot stress this enough!

Long Island Kettlebell Club News

We had a great workout yesterday Saturday 3/15/08 at 1pm in the cold! Please go to:
<http://www.meetup.com/Long-Island-Strength-Club/>
to become a member of this club and read up on all details. It is free to join.

We had a total of 10 people today. See pictures below.

CONGRATULATIONS to our “*After Burner Competition*” Winners:

Womens Class: No women came to this kettlebell workout.

Men Class:

FIRST PLACE: Mike Campisi

SECOND PLACE: William Krafft

***FIRST PLACE** win a 1-hour 1-on-1 personal training session with Christian.

****SECOND PLACE** win a 30-minute 1-on-1 personal training session with Christian.

EVERYONE keep up with your training so you can be the next winner!

Our next Kettlebell Workout is on ***Saturday April 19th at 11am*** at Peter A Nelson Park located at 401 Oakwood Road in Huntington Station, NY 11746.

Register for the April 2008 Kettlebell Workout: <http://www.meetup.com/Long-Island-Strength-Club/>

Hope to see you all there!

Below are some photos of yesterday’s Long Island Kettlebell workout:



To see more photos of The Long Island Kettlebell Club go to: <http://www.meetup.com/Long-Island-Strength-Club/photos/>

Long Island Kettlebell Club Featured in Newsday

On March Wednesday 3/12/08 The Long Island Kettlebell Club was interviewed by Newsday journalist Anne Machalinski. Click the link for article and video:

<http://www.exploreli.com/entertainment/localguide/ny-xli-meetup0312,0,6180309.story>

Quote of the Month

As Vince Lombardi (2/13/1913 – 9/3/1970) once said: “*The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.*”

Enjoy!

Christian

"My heart and soul is vibrating like a volcano, and I am breathing like a dragon, The Fire of Life." ~Christian Lombardo