



FORTITUDE - April 2008 - Issue #21

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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FORTITUDE Evolutions Incorporated

I am proud to announce that FORTITUDE Fitness is now known as “**FORTITUDE Evolutions Incorporated**”. We recently obtained our incorporation on March 11, 2008. We continue to evolve for a stronger, healthier, and better planet!

Exercise Routine of the Month

This month our focus is strength and anaerobic superset training. 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. Kettlebell Front Squat 5x5
- 1b. Kettlebell Swing 5x30 <http://www.youtube.com/watch?v=l2J5JEKUOQQ>
- 2a. Kettlebell Plank Row 5x5
- 2b. Row Ergometer/1:00 (Such as Concept II)
- 3a. Kettlebell Floor Press 5x5
- 3b. Clapping Pushups 5x15

The first exercise, **1a**, is the **Kettlebell Front Squat** loaded with a moderate challenging kettlebell weight in each hand at rack position for 5 repetitions. Make sure you maintain perfect technique! Those of you working with me know the proper Kettlebell Front Squat technique. The second exercise, **1b**, done immediately after the Kettlebell Front Squat is the **Kettlebell Swing** holding a kettlebell with both hands performing 30 repetitions per arm. Use a challenging kettlebell load to perform 30 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 five sets.

The third exercise, **2a**, **Kettlebell Plank Row** loaded with moderate kettlebell load. The fourth exercise done immediately after the Kettlebell Plank Row is, **2b**, **Row Ergometer** done for 1 minute in performing as meters as possible. Use a rowing machine such as a Concept II Rower: <http://www.concept2.com>, these are the leading rowing machines in the market. Then rest about 1 to 2 minutes and then perform another set for a total of five sets.

The fifth exercise, **3a**, **Kettlebell Floor Press**, hold two moderate challenging kettlebell load in each hand and perform 5 repetitions. The sixth exercise, **3b**, **Clapping Pushups** done with body weight with hands on an elevated rack and feet on floor, hands and kneeling on floor, or full on floor for 15 reps. Rest about 1 to 2 minutes and then perform another set for a total of five sets.

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

Long Island Kettlebell Club News

FORTITUDE Evolutions Incorporated and The Long Island Kettlebell has teamed up with Hot Yoga and Fitness Studio providing weekly indoor kettlebell workouts! We are doing kettlebell workouts every Friday at 7am and 11am at Hot Yoga and Fitness Studio located at:

[Hot Yoga and Fitness Studio](#)

231-04 Robins Lane
Syosset, NY 11791

We are still performing our monthly outdoor workout as well every third Saturday of the month.

Our next outdoor Kettlebell Workout is on ***Saturday May 17th at 1pm*** at Peter A Nelson Park located at 401 Oakwood Road in Huntington Station, NY 11746.

Go to: <http://www.meetup.com/Long-Island-Strength-Club/>

to become a free member of this club, read up on all details, and RSVP for our kettlebell workouts.

Looking forward to seeing you there!

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 John Morley (1838 – 1923) once said: *“Evolution is not a force but a process. Not a cause but a law.”*

Enjoy!

Christian

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