



FORTITUDE - August 2008 - Issue #24

Welcome back everyone! It is a very busy and great summer!

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.

Contents

1. Download my **Basic Kettlebell Training** eBook
2. Exercise Routine of the Month.
3. The Long Island Kettlebell Club
4. Quote of The Month

Download My “Basic Kettlebell Training” eBook

Go to this link:

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

and download my **Basic Kettlebell Training** eBook. It is free! This is a document detailing proper form and technique for basic kettlebell exercises. Read it and let me know how it has helped you. You have to join this meetup in order to download this ebook. It is free to join.

Exercise Routine of the Month

This month our focus is advance strength and anaerobic training. Use my eBook link above as guide to maintain perfect form! <http://www.meetup.com/Long-Island-Strength-Club/files/>

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 1x12,10,8,6
- 1b. One Arm Switching Kettlebell Swing 4x20-arm
- 2a. Kettlebell Plank Row 1x12,10,8,6
- 2b. Kettlebell Swiss Ball Press 1x12,10,8,6
- 3a. Kettlebell Clean and Press 3x20
- 3b. Straight Leg Raise 3x15
- 3c. Russian Twist 3x15-side
- 4a. Kettlebell High Pull 3x50 <http://www.youtube.com/watch?v=I2J5JEKUOQQ>
- 4b. Jog 2 minutes

The first exercise, **1a**, is the **Kettlebell Front** loaded with a moderate challenging kettlebell weight in each hand. You will be progressing in weight for each set as you do 12 reps set to 6 reps set. Make sure you maintain perfect technique! See my **Basic Kettlebell Training** eBook for details The second exercise, **1b**, done immediately after the Kettlebell Front Squat is the **One Arm Switching Kettlebell Swing** holding a moderate kettlebell weight for 20 reps per arm. Rest for one minute and then perform another set for a total of four sets.

The third exercise, **2a**, the **Kettlebell Plank Row** performed by holding on two kettlebells in pushup position. You will be progressing in weight for each set as you do 12 reps set to 6 reps set. The fourth exercise done immediately after is the **Kettlebell Swiss Ball Press** performed by holding two kettlebells one in each hand. You will be progressing in weight for each set as you do 12 reps set to 6 reps set. Then rest one minute and perform three more sets with second set for 10 repetitions with a heavier kettlebell, third set with a heavier kettlebell for 8 reps, and the final set for six repetitions with even a heavier kettlebell.

The fifth exercise, **3a**, the **Kettlebell Clean and Press** performed for 20 repetitions per side with a medium kettlebell load. The sixth exercise done immediately after is, **3b, Straight Leg Raise** placing your palms on the floor next to your torso and cranking out 15 reps. The seventh exercise done immediately after is, **3c, Russian Twist** by holding a kettlebell in front of you with arms locked out cranking out 15 reps per side. Rest one minute and then perform another set for a total of three sets.

The eighth exercise, **4a, Kettlebell High Pull**, use a challenging kettlebell load to perform 50 repetitions. The ninth exercise, **4b, Jog** for 2 minute. Then once you complete the jog you immediately go back to **4a Kettlebell High Pull** until you complete all three 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 Thursday at 7pm and Friday at 11am at Hot Yoga and Fitness Studio located at:

[Hot Yoga and Fitness Studio](#)

231-04 Robins Lane
Syosset, NY 11791

We are performing our monthly outdoor workout every third Saturday of the month and our weekly Fridays 7:30pm and Thursdays 11am workouts. Go to: <http://www.meetup.com/Long-Island-Strength-Club/> for our updated schedule.

Our next outdoor Kettlebell Workout is on **Saturday September 20th 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!

Quote of the Month

As German born Albert Einstein (1879-1955) once said: *“Try not to become a man of success but rather a man of value.”*

Enjoy!

Christian

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