



FORTITUDE - September 2008 - Issue #25

Welcome back everyone! It has been a 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.

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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.

Exercise Routine of the Month

This month we will continue focusing on 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 + Press 4x15
- 1b. One Arm Kettlebell High Pull 4x20-arm
- 1c. Kettlebell Long Arm Crunch 4x15
- 2a. Kettlebell Rack Alternating Lunge 4x15-leg
- 2b. Kettlebell Alternating Plank Row 4x15-arm
- 2c. Kettlebell Russian Twist 4x15-side
3. Kettlebell Snatch 2x20-arm
- 4a. Kettlebell Swing 4x50 <http://www.youtube.com/watch?v=12J5JEKUOQQ>
- 4b. Jog 2 minutes

The first exercise, **1a**, is the **Kettlebell Front + Press** loaded with a moderate challenging kettlebell weight in each hand. 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 + Press is the **One Arm Kettlebell High Pull** holding a moderate kettlebell weight for 20 reps per arm. The third exercise done immediately after is, **1c Kettlebell Long Arm Crunch**. Rest for one minute and then perform another set for a total of four sets.

The fourth exercise, **2a**, the **Kettlebell Rack Alternating Lunge** performed by holding on two kettlebells in the rack position. The fifth exercise done immediately after is the **Kettlebell Alternating Plank Row** performed by holding two kettlebells one in each hand. The sixth exercise done immediately after is **Kettlebell Russian Twist**. Then rest one minute and perform three more sets.

The seventh exercise, **3**, the **Kettlebell Snatch** performed for 20 repetitions per side with a medium kettlebell load. Perform only two sets per arm.

The eighth exercise, **4a**, **Kettlebell Swing**, use a challenging kettlebell load to perform 50 repetitions. The ninth exercise, **4b**, **Jog** for 2 minutes. Then once you complete the jog you immediately go back to **4a Kettlebell Swing** until you complete all four 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 7:30pm and Friday at 11:15am 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 October 18th 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

In 2005 Takayuki Ikkaku, Arisa Hosaka, and Toshihiro Kawabata said: "*Exercise relieves stress. Nothing relieves exercise.*"

Enjoy!

Christian

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

~Christian Lombardo