



FORTITUDE - December 2008 - Issue #26

Merry Christmas!

Contents

1. Download my **Basic Kettlebell Training** eBook
2. Holistic Health Care
3. Exercise Routine of the Month.
4. The Long Island Kettlebell Club
5. 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. This is a document detailing proper form and technique for basic kettlebell exercises. Read it and let me know how it has helped you.

Holistic Health Care

Keep your body in great health! See my great Chiropractor **Doctor Barry Fabrikant** for Chiropractic care and Nutrition program, to stay in great physiological health. For over eight years I have not taken any antibiotics or medication because of these amazing timeless holistic methods! Please go see Doctor Barry Fabrikant to learn more about the amazing benefits of Chiropractic and Nutrition:

FABRIKANT CHIROPRACTIC CENTER

Dr. Barry Fabrikant
Woodbury, NY
516-681-4567

Exercise Drill of the Month

This winter season we are going to perform a Russian complex drill which involves strength movements and explosive movements of same muscle group. This will increase your strength, increase your ability to produce power, and increase your fat burning effect. This will allow you to get through holidays with more energy and burn more fat! Please remember explosive 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 5x5

1b. Kettlebell Swing 5x20 View my video: <http://www.youtube.com/watch?v=l2J5JEKUOQQ>

2a. Barbell Bent Over Row 5x5

2b. Row Ergometer 5x30 seconds all out

3a. Barbell Bench Press 5x5

3b. Clapping Pushup 5x10

The first exercise, 1a, is the Barbell Deadlift with barbell loaded with a moderate challenging weight for 5 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 Squat is the kettlebell swing which you will be hold a kettlebell with both hands and performing 20 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 each.

For the third exercise, 2a, Barbell Bent Over Row with a barbell loaded with a moderate challenging weight for 5 repetitions. The fourth exercise, 2b, Row Ergometer, done immediately after the Bent Over Row for 30 seconds going all out. Then rest for about 1-2 minutes and perform another set for a total of five sets each. The fifth, 3a, exercise is Barbell Bench Press, with a barbell loaded with a moderate challenging weight for 5 repetitions. The sixth, 3b, exercise is done immediately after the bench press is the Clapping Pushup. You can do this kneeling or a rigid elevated surface if the full position is too difficult. Then rest for about 1-2 minutes and perform another set for a total of five sets each.

Make sure you maintain perfect technique for all these exercises as I cannot stress this enough! You should be done with this workout within 45 minutes.

Long Island Kettlebell Club Update

Please go to: <http://www.meetup.com/LongIslandKettlebellClub/> to become a member of this club and read up on all details. It is free to join.

Our next kettlebell workout is on **Saturday, January 17th at 1pm** at Peter A Nelson Park located at 401 Oakwood Road in Huntington Station, NY 11746. Please go to: <http://www.meetup.com/LongIslandKettlebellClub/> to sign up for this workout and other events with The Long Island Kettlebell Club.

Looking forward to seeing you all there!

Quote of the Month

As an American born newspaper columnist Franklin Pierce Adams (1881 – 1960) once said:
"Health is the thing that makes you feel that now is the best time of the year."

Enjoy!

MERRY CHRISTMAS and HAPPY NEW YEAR TO EVERYONE!



Christian

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