



FORTITUDE - March 2009 - Issue #27

First off I want to thank my brother Daniel an amazing artist for redesigning our logo! It is beautiful! We have moved our **Fortitude Evolutions Incorporated** website to our new domain at: <http://www.fortitudeevolution.com> And **The Long Island Kettlebell Club** <http://www.meetup.com/Long-Island-Strength-Club/files/>

Were off to start off to great season with more great exciting workouts coming!

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Download “Basic Kettlebell Training” eBook

Go to this link:

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

and download **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. You must be logged in as a Long Island Kettlebell Club member to access this file at:

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

It is free to join so just create an account and you'll be able to access all our files and past newsletters.

Exercise Drill of the Month

With Spring season coming next week were going to build muscle and kick start your metabolism like a scorching furnace! This will make you look great and blast your energy! You **MUST** possess perfect technique on these exercises! Grab you iPod and with some AWESOME music such as <http://www.di.fm/> and lets get going! My favorite channel here at di.fm is Vocal Trance.

Day One

- 1a. Barbell Back Squat 5x10
- 1b. Pullup or Lat Pull Down Machine 5x10
- 1c. Kettlebell Shoulder Press 5x10
- 2a. Kettlebell Snatch 3 x 25 reps per arm
- 2b. Jog 3 x 3:00 minutes

Day Two

- 1a. Kettlebell Bent Over Row 5x10
- 1b. Barbell Bench Press 5x10
- 1c. Kettlebell Rack Lunge 5x10 per leg
- 2a. Kettlebell Swing 5x50 View my video: <http://www.youtube.com/watch?v=I2J5JEKUOQQ>
- 2b. Jog 5 x 4:00 minutes

On **Day One** the first exercise, 1a, is Barbell Back Squat with barbell loaded with a moderate challenging weight for 10 repetitions. Make sure you maintain perfect technique! Those of you working with me know the proper Squat technique. The second exercise, 1b, done immediately after the Squat is pullup or a Lat Pull Down Machine with a moderate load for 10 reps. The third exercise done immediately after the Pullup/Lat PD is the Kettlebell Shoulder Press (see my ebook) with a moderate kettlebell load in each hand for ten reps. You will then rest 1 minute and then perform another set for a total of five sets each. Then after building all that great muscle, were going to blast your furnace and put your biological machine in the afterburning state. So were going to do a short high intensity cardiovascular fat burn workout: exercise, 2a Kettlebell Snatch performing 25 reps per arm without putting the kettlebell down. Then immediately afterwards you will go for a 3 minute jog either outdoors or on a treadmill. Right after the jog you will immediately go back to the Kettlebell Snatch for 25 repetitions per arm without rest. And you will continue performing this interval workout until you have completed three sets. Exciting stuff!

On **Day Two** the first exercise, 1a, Kettlebell Bent Over Row with a moderate challenging kettlebell weight in each hand for 10 repetitions. The second exercise, 1b, Barbell Bench Press, done immediately after the Bent Over Row for 10 reps with a moderate challenge load on the bar. The third exercise done immediately after the Bench Press is the Kettlebell Lunge with a moderate kettlebell load in each arm racked for 10 reps per leg. Then rest for about 1 minute and perform another set for a total of five sets each. Then after build all that great muscle, were going to blast your furnace and put your biological machine in the afterburning state. So were going to do another high intensity cardiovascular fat burn workout: exercise, 2a Kettlebell Swing performing 50 reps without putting the kettlebell down. Then immediately afterwards you will go for a 4 minute jog either outdoors or on a treadmill. Then right after the jog you will immediately go back to the Kettlebell Swing for 50 repetitions. And you will continue performing this interval workout until you have completed five sets. Enjoy!

Make sure you maintain perfect technique for all these exercises as I cannot stress this enough! You should be done within 50 minutes for each workout day.

Holistic Health Care

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

Madison Avenue Chiropractic Center

Dr. Michael Smatt
295 Madison Avenue
New York, NY 10017
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Long Island Kettlebell Club Update

We had a great workout the past Saturday with The Long Island Kettlebell Club! 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.

Our next kettlebell workout is on *Saturday, March 28th, April 11th and April 25th all at 1pm* at Peter A Nelson Park located at 401 Oakwood Road in Huntington Station, NY 11746. Please go to: <http://www.meetup.com/Long-Island-Strength-Club/> to sign up for these workouts and other events with The Long Island Kettlebell Club.

Looking forward to seeing you all there!

Training One on One with a Master Trainer

You want to take your fitness to the next level? Consider working with Master Trainer Christian for a program and see your strength, tone, lean, flexibility becoming part of you! You will look and feel great! Please request via email christian@fortitudevolution.com to get started right away. All new clients will receive a free assessment to determine your baseline as a guide to customize your training program.

Christian Lombardo's Biography

Christian Lombardo has been involved in the fitness industry since 1993. He is regarded and recognized by many as an expert. His devotion to excellence is seen by his frequent attendance at technique seminars, research and reading, and putting on community workshops. Christian is always going the extra mile to see his clients succeed and the profession advance.

His specialties include: fat loss, building tone, building muscle mass, strength, balance, coordination, speed, power, kettlebell performance, Olympic weight lifting, post rehabilitation, corrective exercises, interval training, joint mobility, flexibility, lifestyle and sports performance.

Some of his clients success include the loss of 14 pounds of body fat in 6 weeks. Some clients have gained 13 pounds of lean muscle in 6 weeks. Nothing stokes Christian more than assisting a client who was unable to walk effectively, is now jumping and running.

Quote of the Month

As an American born Bob Hoffman (1898 – 1985)

<http://www.sandowplus.co.uk/Competition/Hoffman/hoffmanindex.htm> once said: *“Ambition, proper application to the right progressive training methods and persistence will bring you physical improvements of which you can be justly proud.”*

Enjoy!

Christian

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