



## **FORTITUDE - May 2009 - Issue #29**

Again I want to thank my brother Daniel an amazing artist for redesigning our logo! It is beautiful! We have recently 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/>

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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. **NOTE: You MUST BE LOGGED IN as a Long Island Kettlebell Club member to access this and all others 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 Summer season almost here were going to focus on cardiovascular and strength training, kick start your metabolism like a scorching furnace as well as add strength to you frame! 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. Kettlebell Front Squat 5x5
- 1b. Kettlebell Bent Over Row 5x5
- 1c. Kettlebell Shoulder Press 5x5
- A1. Kettlebell Hard Style Snatch 5x20 per arm
- A2. Jog or Fast Walk 5 x 3:00 minutes

### **Day Two**

- 1a. Kettlebell Suit Case Deadlift 5x5
- 1b. Kettlebell Plank Row 5x5
- 1c. Kettlebell Floor Press 5x5
- A1. Kettlebell Swing 5x50 View my video: <http://www.youtube.com/watch?v=I2J5JEKUOQQ>
- A2. Jog or Fast Walk 5 x 2:00 minutes

## **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  
212-684-5811  
[drsmatt@chirotime.com](mailto:drsmatt@chirotime.com)

## **Long Island Kettlebell Club Update**

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 May 18<sup>th</sup> at 4pm, and May 23<sup>rd</sup> 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//calendar/> to sign up for these workouts and other events coming up in May 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, and performance becoming part of you! You will look, feel, and move great! Please request via my cell number: 516-635-5274 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.

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 Ben Stein once said: *"The first step to getting the things you want out of life is this: Decide what you want."*

Enjoy!

**Christian**

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