



FORTITUDE - June 2009 - Issue #30

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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 here we are going to focus on cardiovascular and strength training, kick start your metabolism like a scorching furnace as well as add strength to your frame! This will make you look great and blast your energy! You **MUST** possess perfect technique on these exercises!

Grab your iPod and with some AWESOME music such as <http://www.di.fm/> and let's get going! My favorite channel here at di.fm is Vocal Trance.

Day One

- 1a. Kettlebell One Leg Suitcase Deadlift 5x5 per leg
- 1b. Kettlebell Pullup 5x5
- 1c. One Kettlebell Push Press 5x5
- A1. One Kettlebell Clean 3x15 per arm
- A2. Rest 30 seconds
- A3. Kettlebell Swing 3x20 View my video: <http://www.youtube.com/watch?v=I2J5JEKUOQQ>
- A4. Rest 30 seconds
- A5. Repeat back at A1 for a total of three sets.

Day Two

- 1a. One Arm Kettlebell Overhead Squat 6x6
- 1b. Kettlebell Renegade Row 5x5 per arm
- 1c. Kettlebell Plank Press 5x5 per arm
- A1. Two Kettlebell Clean 3x15
- A2. Rest 30 seconds
- A3. One Arm Kettlebell Swing 3x15/arm <http://www.youtube.com/watch?v=I2J5JEKUOQQ>
- A4. Rest 30 seconds
- A5. Repeat back at A1 for a total of three sets.

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 workouts are:

- *Saturday June 20th at 8:30am:*
- *Saturday June 27th at 8:30am:*
- *Saturday June 27th at 1pm:*

Held 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 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! 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.

Testimonial from my client Nick Park:

“Christian has really helped me break through a long gestating plateau in my workout regiment over the past 6 months. Combining a great deal of kettlebell training, and super-set, multiple joint techniques, I've slim-down to 178lbs from 186 and have shaved off 4% body fat. I've substantially increased my energy levels, conditioning intensity, strength and stamina. I've also noticed increased results in the competitive sports I play including baseball, basketball, and skiing- particularly halfway through a game or slope-day, when everyone else seems to wind down. In particular, the combination of constant cardio-like movements combined with the weight resistance of kettlebell training has really appealed to me. There's an incredible world of motion and new techniques that I've never been exposed to prior and, its not like going through the same routine over and over again. The muscle confusion we've been able to create has really ignited my metabolism, and physique. I really owe much of these results to Christian, who's been a like a great tough coach- He doesn't let you cheat, and he teaches techniques one could learn and use for life.”
-Nick Park

Long Island Kettlebell Club Member Challenge

To improve your fitness training I am asking you to please answer these four questions and email them to me with your name at: <http://www.meetup.com/Long-Island-Strength-Club/suggestion/>

- 1. What do you want to achieve?**
- 2. Are you currently training with weights and/or kettlebells?**
- 3. What are your expectations in training with kettlebells?**
- 4. What is your greatest challenge you are having with your fitness?**

All answers will be kept confidential.

Quote of the Month

As an American born Alan Calvert once said in 1924: *“Back and leg strength is the foundation of the so-called ‘abnormal’ power of professional ‘Strong Men’ ”*.

Enjoy!

Christian

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