



FORTITUDE - September 2009 - Issue #31

Hello everyone! It has been a very busy summer! I have been preparing to make a career change. Do not worry The Long Island Kettlebell Club is still going to continue with our exciting weekly outdoor kettlebell workouts. Today is the first day of the Fall season and we are about to begin the fourth quarter in eight days. Today also marks the two year anniversary for The Long Island Kettlebell Club! So here is another issue of the FORTITUDE newsletter. Enjoy!

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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 the Fall season here we're going to focus on strength and power to add strength, tone, and performance to your frame! This will make you move like a well-oiled biological machine, 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. Pistol 3x3 per leg
- 1b. Pullup 3x3
- 1c. One Arm Kettlebell Shoulder Press 3x3 per arm
- 2a. One Heavy Kettlebell Snatch 3x5 per arm
- 2b. Alternating Explosive Kettlebell Split Squat 3x5 per leg

Day Two

- 1a. One Leg Deadlift 3x3 per leg
- 1b. One Arm Pushup 3x5 per arm
- 1c. Kettlebell Plank Row 3x5 per arm
- 2a. Heavy Kettlebell Swing 3x5
- 2b. Clapping Pushup 3x5
- 2c. Barbell Bent Over Row 3x5

Long Island Kettlebell Club Update

Mastering these exercises above involves perfect form and practicing the perfect form. So coming to our weekly workouts we work on teaching you the perfect form for these and many other exercises in order to make you the strongest, leanest, and most athletic you can be!

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 September 26th at 8:00am:***
- ***Saturday October 3rd at 8:30am:***
- ***Saturday October 10th at 8:30am:***

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 Dominick Bakhtiar:

“Christian is my trainer and a good friend.

I work out with him once a week for the most grueling and satisfying hour of my week.

Christian uses kettlebells as a basic tool but he works in some other interesting exercises to give you balance which keeps me growing. He's really organized (he keeps track of my progress on spreadsheets) and he motivates me during a difficult routine.

I work out with him for one hour a week and it does the trick. I'm 35 years old and in the best shape of my life!”

~Dominick Bakhtiar – Long Island Kettlebell Club member

Quote of the Month

As an American born Alan Calvert once said in 1924: *“I can state that the easiest and quickest way to get a magnificent build, and the super-strength that goes with it, is to practice a progressive schedule of developing exercises with an adjustable bar-bell.”*

I just finished reading Alan Cavert’s book SUPER-STRENGTH published in 1924. This book takes you back to 1924 and shows what old school training is all about. You can buy your copy at: http://www.superstrengthtraining.com/alan_calvert.html

Enjoy!

Christian

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