



FORTITUDE - December 2009 - Issue #33

Hello everyone! With the winter season only a few weeks away we are preparing for the great holiday season! 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

This month we are going to continue to focus on metabolism booster specific workouts to boost your metabolism during the holiday season so you can enjoy your wonderful holiday dinners with your family! You **MUST** possess perfect technique on these exercises.

Grab your iPod and with some AWESOME music such as <http://www.di.fm/> and lets get going!

Day One – Anterior Kinetic Chain Focus

1. One Arm Kettlebell Long Cycle

1:00 Left -10 reps

Switch to right

1:00 Right -10 reps

1:00 rest

Repeat above for 5 times. This will take 15 minutes.

2a. One Arm Pushups 3x5 reps per arm

2b. Two Kettlebell Jerk 3x15

2c. Pistol 3x3 per leg OR Kettlebell Rack Step Up 3x6 per leg

2d. Body Weight Squat 1:00 x 3 as many reps as possible

Day Two - Posterior Kinetic Chain Focus

1. Kettlebell One Arm Snatch

1:00 Left -15 reps

Switch to right

1:00 Right -15 reps

1:00 rest

Repeat above for 5 times. This will take 15 minutes.

2a. One Arm Body Weight Row 3x6 reps per arm

2b. Two Kettlebell Snatch 3x15

2c. Kettlebell One Leg Deadlift 3x5 per leg

2d. Step Jumps 1:00 as many reps as possible

Note: The notation 3x15 means 3 sets of 15 reps per set.

In each of the “a”, “b”, “c” and “d” exercises they are to be performed immediately after each other. After you complete the “d” exercise I recommend you take one to two minutes of rest and repeat the “a”, “b”, “c” and “d” exercises until you have done three sets.

Each day of these workouts you should be done in approximately 35 minutes depending how long your rest intervals are between sets. I recommend you keep your rest intervals between one to two minutes, so you keep your metabolism at a high level during the workout.

Long Island Kettlebell Club Update

Mastering these exercises above involves perfect form. In our workouts we work on teaching you perfect form for these and other exercises to making you the strongest, leanest, and most athletic!

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:
Saturday 11/12/09 10:00am

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.

Quote of the Month

"Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power" ~ Anonymous

Merry Christmas, Happy Holidays, and Happy New Year!



Thanks for reading.

Enjoy!

Christian

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