



FORTITUDE – January 2010 - Issue #34

Happy New Year everyone!

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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.

Your Goals

- Strength
- Endurance
- Body Fat Loss
- Build Muscle
- General Health and Condition
- Photo Shoot
- and many others you can think of.

One thing I learned from Bill Phillips over 13 years ago is how to simply set up a system for yourself that will entice you to succeed with passion. Passion is the magic word. Do you really want what you say you want? Do have that fire passion inside you about your goal? Do you have the deeply burning desire inside you that feels AWESOME to have your goal? What I am saying is that you must perceive your goal as already achieved in the present moment to get this fire passion burning inside you. See it and feel it. Visualize your goal as already achieved and then feel that awesome emotional feeling inside you. This is what life is all about. Little kids do this extremely well when they play make believe, something we can re-learn from them!

Bill Phillips was a very successful body builder and business man when he was the owner of EAS and Muscle Media over 10 years ago. Bill himself practiced his words that he preached to his thousands of people whom entered his Body For Life contest. If you have seen Bill's Body for Life video which is an extremely powerful video that will touch your emotions deeply about your health and fitness. I invite you to find a copy of the movie Body For Life and watch it with your family and friends.

Your Vision – See It

So what do you want to achieve? If you do not have a goal how are you going to plan your strategy in achieving your goal? What are you feely deeply passionate about? What really makes you burn your emotions inside you?

Are you confused? One thing you can do is write down you main goal, then break that goal into pieces in which you can chew without choking yourself. You should be having fun with all this! Ask yourself: "What do I really want to achieve?"

For example let's say you want to look great for a photo shoot coming up in six months. Well you know the photo shoot date, you want more muscle on your frame, you want a six pack, and better heart health.

Your Body – Feel It

Now we are starting somewhere! ☺ So now that you have your main goal of desire. To measure your progress precisely I highly recommend you get a basic physical assessment. Your physical assessment may consist of: body composition, some current strength numbers, your maximum heart rate you can withstand for 30 seconds and a few other parameters that are related to your goal. And maybe you even take a before photo of yourself. I also recommend you to hide all your current assessment values and photograph, because you want to visualize your goals NOT visualize your current situation. If you keep focusing on your current situation you'll be distracted from your

desired goal. Extremely successful entrepreneurs, athletes and other people visualize their goals very well without focusing on their current situation.

Your Plan – Do It Now

Now you can develop your plan of what you need to do to achieve your desiring goal. If you want to be very successful with your health and fitness you must have a detailed strategy and a training log to track where you are going. For example weight train 3 days a week for about 20 to 45 minutes, cardiovascular train 3 days a week for 15 to 30 minutes, eat 4 to 6 healthy balanced meals every day. Your training program or plan should be detailed planned out which will have your exercises, repetition/pyramid scheme, weekly progression, and a few other parameters to add value to your training success.

You can break this up into smaller goals such as daily goals, so you can win everyday. In Bill Phillips “Power Mindset” audio program he describes this very well.

After about six weeks re-assess and evaluate how well you are implementing your plan and how well your plan is actually working. This is extremely valuable information to analyze what the next cycle of training should be. Did you make any fitness gains? Did you loss body fat? This is an opportunity for you to re-evaluate your training log and training program to make adjustments on your next cycle.

Exercise Drill of the Month

This month we are going to continue to focus on strength and anaerobic training to develop base muscular strength and heart strength to your biological machine. You **MUST** possess perfect technique on all these exercises.

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

Day One – Posterior Kinetic Chain Focus

1. Barbell Deadlift 5x3
2. Pullup 5x5
3. Kettlebell Rack Walking Lunge 3x10 per leg
4. Barbell Bent Over Row 3x10
- 5a. Kettlebell Swing 5sets x 30 reps
- 5b. Jump Rope 5 sets x 1:00 (one minute)

Day Two - Anterior Kinetic Chain Focus

1. Barbell Squat 5x5
2. Barbell Shoulder Press 5x5
3. Kettle Rack Step Up 3x10 per leg
4. Barbell Flat Bench 3x10
- 5a. Kettlebell Snatch 5 x 15 per arm
- 5b. Upright Stationary Bike 5 x 2:00 (two minutes)

Note: The notation 5x3 means 5 sets of 3 reps per set.

Each day of these workouts you should be done in approximately 45 minutes depending how long your rest intervals are between sets. I recommend you keep your rest intervals about two minutes for the heavy strength exercises #1 and #2, so you are properly recovered for the next set. For exercises #3 and #4 one minute rest is plenty as the load is lighter. In exercises #5a, and #5b are to be performed immediately after each other. After you complete the #5b exercise you go right into the #5a exercise until you have done five sets.

Enjoy!

Long Island Kettlebell Club Next Workout

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 2/6/10 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!

Quote of the Month

"Strength does not come from physical capacity. It comes from an indomitable will."
~ Mahatma Gandhi

Happy New Year!

Thanks for reading.

Christian

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