



## **FORTITUDE - June 2008 - Issue #23**

Welcome back everyone!

### **Thank YOU**

I want to also thank you all for giving me feedback on my newsletters! Keep them coming as we can use it to help us improve our quality for you.

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### **Download My “Basic Kettlebell Training” eBook**

Go to this link:

<http://files.meetup.com/700493/Basic%20KettleBell%20Training%20eBook.pdf>

and download my **Basic Kettlebell Training** eBook. It is free! This is a document detailing proper form and technique for basic kettlebell exercises. Read it and let me know how it has helped you.

## **Exercise Routine of the Month**

This month our focus is intermediate strength and anaerobic training. Use my eBook link above as guide to maintain perfect form!

<http://files.meetup.com/700493/Basic%20KettleBell%20Training%20eBook.pdf>

CAUTION these movements currently require you to be in advance skill level which will take your fitness to the next level. Remember you **MUST** possess perfect technique on basic and intermediate exercises before you perform these movements!

- 1a. Kettlebell Suit Case Deadlift 3x10
- 1b. One Arm Kettlebell Clean 3x10-arm
- 2a. Kettlebell Bent Over Row 1x10,8,6
- 2b. Kettlebell Floor Press 1x10,8,6
- 3a. Kettlebell Rack Lunge and Press 3x15
- 3b. Plank Hold 3x30 seconds
- 4a. One Arm Kettlebell Swing 3x20-arm <http://www.youtube.com/watch?v=l2J5JEKUOQQ>
- 4b. Jog 1 minute

The first exercise, **1a**, is the **Kettlebell Suit Case Deadlift** loaded with a moderate challenging kettlebell weight in each hand for 10 repetitions. Make sure you maintain perfect technique! See my **Basic Kettlebell Training** eBook for details The second exercise, **1b**, done immediately after the Kettlebell Suit Case Deadlift is the **One Arm Kettlebell Clean** holding a moderate kettlebell weight. Rest for one minute and then perform another set for a total of three sets.

The third exercise, **2a**, the **Kettlebell Bent Over Row** performed by holding two kettlebells one in each hand for 10 repetitions for first set. The fourth exercise done immediately after is the **Kettlebell Floor Press** performed by holding two kettlebells one in each hand for 10 repetitions on first set. Then rest one minute and perform two more sets with second set for 8 repetitions with a heavier kettlebell and the final set for six repetitions with even a heavier kettlebell.

The fifth exercise, **3a**, the **Kettlebell Rack Lunge and Press** performed for 15 repetitions per side with a medium kettlebell load. The sixth exercise done immediately after is, **3b, Plank Hold** holding large kettlebells for support and hold for 30 seconds. Rest one minute and then perform another set for three sets

The seventh exercise, **4a, One Arm Kettlebell Swing**, use a challenging kettlebell load to perform 20 repetitions per arm. The swing technique is shown in my video: <http://www.youtube.com/watch?v=l2J5JEKUOQQ>. The eighth exercise, **4b, Jog** for 1 minute. Then once you complete the jog you immediately go back to **4a One Arm Kettlebell Swing** until you complete all three sets.

Please make sure you maintain perfect technique for all these exercises as I cannot stress this enough!

## **FORTITUDE Evolutions Growth**

I will be attending Dragon Door Level 2 RKC Level 2 course this weekend! See <http://www.dragondoor.com/wpkb30.html> for details on this exciting and intense course! I will be forwarding you pictures from the course after I return.

## **Long Island Kettlebell Club News**

FORTITUDE Evolutions Incorporated and The Long Island Kettlebell has teamed up with Hot Yoga and Fitness Studio providing weekly indoor kettlebell workouts! We are doing kettlebell workouts every Thursday at 7pm and Friday at 11am at Hot Yoga and Fitness Studio located at:

[Hot Yoga and Fitness Studio](#)

231-04 Robins Lane  
Syosset, NY 11791

*Note:* There will be no kettlebell classes Thursday 6/26 and Friday 6/27 because I will be enhancing my education at Dragon Door RKC Level 2 Course.

We are still performing our monthly outdoor workout as well every third Saturday of the month.

Our next outdoor Kettlebell Workout is on *Saturday July 19<sup>th</sup> at 1pm* at Peter A Nelson Park located at 401 Oakwood Road in Huntington Station, NY 11746.

Go to: <http://fitness.meetup.com/480/>

to become a free member of this club, read up on all details, and RSVP for our kettlebell workouts.

Looking forward to seeing you there!

## **Quote of the Month**

As American born James Freeman Clarke (1810 – 1888) once said: *“Never hurry. Take plenty of exercise. Always be cheerful. Take all the sleep you need. You may expect to be well.”*

Enjoy!

**Christian Lombardo**

**ISSA Master Trainer** [www.issaonline.com](http://www.issaonline.com)

**Equinox Tier III Trainer** [www.equinoxfitness.com](http://www.equinoxfitness.com)

**USAW Club Coach** [www.usaweightinglifting.org](http://www.usaweightinglifting.org)

**RKC Instructor** [www.dragondoor.com](http://www.dragondoor.com)

**AKC Coach** [www.americankettlebellclub.com](http://www.americankettlebellclub.com)

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

~Christian Lombardo