



FORTITUDE - November 2009 - Issue #32

Hello everyone! We're in the middle of the Fall season and the Winter season is six and half weeks away. Here is another issue of the FORTITUDE newsletter. Enjoy!

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Download “Basic Kettlebell Training” eBook

Go to this link:

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

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 at: <http://www.meetup.com/LongIslandKettlebellClub/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 focus on metabolism booster specific workouts to start boosting your metabolism before holidays begin so you can enjoy your wonderful holiday dinners with your family! Also these workouts 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 lets get going!

Day One – Anterior Kinetic Chain Focus

- 1a. Kettlebell Front Squat 3x10-15 reps
- 1b. Kettlebell Snatch 3x10-15 reps per arm
- 1c. Pushup 3x10-15 reps
- 2a. Kettlebell Walking Lunge 3x15 reps per leg
- 2b. Kettlebell Floor Press 3x10 reps
- 2c. Kettlebell Swing 3x30 reps
3. Clean and Jerk 1x20 reps per arm

Day Two - Posterior Kinetic Chain Focus

- 1a. Kettlebell Suitcase Deadlift
- 1b. Kettlebell Clean 3x10-15 reps per arm
- 1c. Body Weight Row (Body Weight Floor Pullup)
- 2a. Step Up 3x10 reps per leg
- 2b. Kettlebell Bent Over Row 3x10 reps
- 2c. Kettlebell Crescent Swing 3x20 reps
3. Kettlebell Plank Row 1x15 reps per side

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

Each day of these workouts you should be done in 45 minutes or less 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/LongIslandKettlebellClub/> to become a member of this club and read up on all details. It is free to join.

Our next kettlebell workout:

Saturday 11/14/09 10:00am <http://www.meetup.com/LongIslandKettlebellClub/calendar/11804219/>

Held at Peter A Nelson Park located at 401 Oakwood Road in Huntington Station, NY 11746. Please go to: <http://www.meetup.com/LongIslandKettlebellClub/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 James Kahn:

"I have been training with Christian for most of the last two years. That should already indicate how much I value working with him. But to get more specific: Christian is a great motivator, he is generous with his time and advice, and has taught me a lot that I will be able to take with me even when I will no longer be able to train with him. He is particularly good at keeping a balance between specific sports-related fitness, general strength training, and cardio fitness. The work with kettlebells has really helped my general strength and coordination. He brings great variety into the workouts so that they don't become boring. He pays close attention to technique, to make sure the exercises are being done properly and safely, and very often pushes me to do just a little more than I think I can do. As a result, I think I am in the best shape of my life." ~James Kahn

Quote of the Month

As an American born Christopher Reeve said: "A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles."

Happy Thanksgiving!



Enjoy!

Christian M Lombardo, M.E.

USAW Club Coach www.usaweightinglifting.org

RKC2 Instructor www.dragondoor.com

American Kettlebell Club Coach www.americankettlebellclub.com

Fortitude Evolutions, Incorporated <http://www.fortitudeevolution.com>

Long Island Kettlebell Club <http://www.meetup.com/LongIslandKettlebellClub/>

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