



FORTITUDE - December 2007 - Issue #17

Welcome back everyone!

Thank YOU

I want to thank my great friend Dominick whom has helped me in organizing and setting up for our Long Island Kettlebell Club event held today on December 15th. Dominick was also extremely kind enough to bring his van so we were able to lug all our kettlebells to the park! 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. I also want to thank you for those have given me donations in funding for the FORTITUDE Fitness growth and my fitness education for 2008.

Exercise Drill of the Month

With the winter season coming next week, we are going to superset strength movements and explosive movements of same muscle group to increase strength and fat burn effect. Please remember explosive 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!

So for this month:

- 1a. Barbell Squat 3x10
- 1b. Kettlebell Swing 3x20 View my video: <http://www.youtube.com/watch?v=g3IsA-YzUEU>
- 2a. Bent Over Row 3x10
- 2b. Row Ergo Meter 1 minute
- 2c. Medicine Ball Abdominal Pass 3x20

This is an advance complex training superset drill. The first exercise, 1a, is the Barbell Squat with barbell on the upper back loaded with a moderate challenging weight for 10 repetitions. Make sure you maintain perfect technique! Those of you working with me know the proper

Squat technique. The second exercise, 1b, done immediately after the Squat is the kettlebell swing which you will be hold a kettlebell with both hands and performing 20 repetitions. The swing technique is shown in my video: <http://www.youtube.com/watch?v=g3IsA-YzUEU>. You will then rest about 1 to 2 minutes and then perform another set for a total of three sets.

For the third exercise, 2a, Bent Over Row with a barbell loaded with a moderate challenging weight for 10 repetitions. The fourth exercise, 2b, Row Ergo Meter, done immediately after the Bent Over Row for 1 minute. The fifth exercise is Medicine Ball Abdominal Pass, immediately after the Row Ergo Meter performed with a partner with moderate challenging Medicine Ball weight for 20 repetitions.

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

Optimizing Health and Fitness for Women – Part 2 of 2

Last month we began Part 1 of this two-part series discussing details for women to be healthy and beyond. Part 1 discussed benefits of exercise and detailing a 6-week conditioning program for women. This month Part 2 will discuss nutrition and anti-oxidants for women.

In doing so I found an EXCELLENT reference online, which will be part 2 of this series:

Nutrition for Women: Lifelong Healthy Eating

http://www.helpguide.org/life/healthy_eating_women_nutrition.htm#related

This is a GREAT nutrition article for women! The website also contains lots of excellent health information for men and women.

Holistic Healing

Keep your spine in great health! See my great Chiropractor **Doctor Michael Smatt** for Chiropractor care and Contact Reflex Analysis, <http://www.crahealth.org/>, to stay in great physiological health. For over seven years I have not taken any antibiotics or medication because of these two amazing holistic mechanisms! Please go see Doctor Michael Smatt to learn more about the amazing benefits of Chiropractic and Contact Reflex Analysis:

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Long Island Kettlebell Club Update

We had an awesome kettlebell workout today! 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.

We had a total of 9 people today! With the weather in low 30s today in Long Island, NY and snow on the ground, this group is extremely committed to training with kettlebells! See pictures below.

CONGRATULATIONS to our *“After Burner Competition”* Winners:

Womens Class:

FIRST PLACE: Bernadette Olsen

SECOND PLACE: Kelly Stadelmann

Men Class:

FIRST PLACE: Chris Rosati

SECOND PLACE: Matt Corrigan

***FIRST PLACE** win a 1-hour 1-on-1 personal training session with Christian.

****SECOND PLACE** win a 30-minute 1-on-1 personal training session with Christian.

EVERYONE keep up with your training so you can be the next winner!

Our next kettlebell workout is on *Saturday, January 19th at 1pm* 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/> to sign up for this workout and other events with The Long Island Kettlebell Club.

Looking forward to seeing you all there!





Christian in center instructing one of LI KB club member.



Everyone is doing the farmer walk with kettlebells!



Taking a rest before another hardcore super-set.



Bernadette comes back from a long journey of farmer walk!



More farmer walks here.....





Taking a break from the triple super set drill.



A happy group photo at the end of today's total body kettlebell workout!

Quote of the Month

As an American born newspaper columnist Franklin Pierce Adams (1881 – 1960) once said:
“Health is the thing that makes you feel that now is the best time of the year.”

Enjoy!

MERRY CHRISTMAS and HAPPY NEW YEAR TO EVERYONE!



Christian

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