



## FORTITUDE - February 2008 - Issue #19

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.

### **Exercise Drill of the Month**

This month we are going to continue perform high intensity anaerobic superset drill getting your metabolism revved up for MAXIMUM fat loss! 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 Squat Flip Clean 3x15
  - 1b. Kettlebell Bent Over Row Alternating 3x15
  - 1c. Kettlebell Swing 3x30 View my video: <http://www.youtube.com/watch?v=g3IsA-YzUEU>
  - 2a. Rack Pullups
  - 2b. Kettlebell Over Head Squat 3x10 per arm
  - 2c. Kettlebell High Pull
- The Afterburner***
- 3a. Kettlebell One Arm Swing 3x20 per arm
  - 3b. Jog/Active Recovery

The first exercise, **1a**, is the **Kettlebell Squat Flip Clean** loaded with a moderate challenging kettlebell weight for 15 repetitions. Make sure you maintain perfect technique! Those of you working with me know the proper Kettlebell Squat Flip Clean. The second exercise, **1b**, done immediately after the Squat Flip Clean is the **Kettlebell Bent Over Row Alternating** holding a kettlebell in each hand performing 15 repetitions per arm. The third exercise, **1c**, **Kettlebell Swing** done with one kettlebell.

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 fourth exercise, **2a, Rack Pullup** your body weight is your load. You will setup a bar on a rigid rack at some angle and place your feet on floor pulling yourself up with your chest touching the bar. Adjust your feet so your chest goes to the bar. Also you can adjust the bar height: higher easier and lower for harder. Adjust bar height so it is a moderate challenging height for 15 repetitions. The fifth exercise, **2b, Over Head Squat**, done immediately after the Rack Pullup. Hold one comfortable load kettlebell in the over head position and perform 10 squats. Then switch the kettlebell to the other hand and perform other 10 reps. You MUST hold the kettlebell over head throughout all reps for each hand. The sixth exercise, **2c, Kettlebell High Pull** done with a comfortable kettlebell load for 15 reps. The kettlebell high pull has the some explosiveness as the kettlebell swing, the difference is that now the kettlebell moves vertically like a rocket, where in the kettlebell swing the kettlebell moves in arc.

The final two exercises together are called "*The Afterburner*" This is where you will be getting your heart rate at an exciting high intensity fat burning level! So you will be doing 20 repetitions one arm swings in each arm with a moderate kettlebell load followed by a comfortable jogging speed. Do not go too fast on the jog as this your active recovery phase. Then right after the jog you will do another set of 20 reps swings for each arm. You will repeat these two exercise sequence for a total of three sets with out stopping. If you feel strong go for five sets! Make sure you breathe well here as this drill will be getting your rate at a high level, beyond 90% of your anaerobic threshold. Also make sure your swing stays in optimal form for your reps and sets. Please see my swing technique video: <http://www.youtube.com/watch?v=g3IsA-YzUEU>

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

## **Education Growth**

I have completed the American Kettlebell Club certification taught by Head Coach Valery Fedorenko on January 26<sup>th</sup> - 27<sup>th</sup>. This is an excellent course! Now all of you whom are continuing training your fitness program with me will be learning new strategies on kettlebell lifting, I hope you are excited! See pictures below:



**Head Coach Valery Fedorenko and Me**



**Catherine Imes – 1<sup>st</sup> American female Master of Sport and Me.**



**Marty Farrell – 1<sup>st</sup> American male Master of Sport and Me.**



**Obtaining my American Kettlebell Club Coach Certification.**



Steve Cotter and Me



La Jolla, CA Pacific Beach sunset January 30, 08



American Kettlebell Club Kettlebells in color on bottom, new to the FORTITUDE Fitness gym!



## **Long Island Kettlebell Club Update**

We had a great workout yesterday Saturday 2/16/08 at 1pm in the cold! 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 4 people today. See pictures below.

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

**Womens Class:**

**FIRST PLACE:** Bernadette Olsen

**Men Class:**

**FIRST PLACE:** Roy Biederman

**SECOND PLACE:** Mike Campisi

\***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 March 15<sup>th</sup> at 1pm* at Peter A Nelson Park located at 401 Oakwood Road in Huntington Station, NY 11746.

Register for the February 2008 Kettlebell Workout: <http://www.meetup.com/Long-Island-Strength-Club/>

Hope to see you all there!

Below are some photos of yesterday’s Long Island Kettlebell workout:







To see more photos of The Long Island Kettlebell Club go to: <http://www.meetup.com/Long-Island-Strength-Club/photos/>

### **Quote of the Month**

As Plato (427 BC – 347 BC) said: *“Bodily exercise, when compulsory, does no harm to the body; but knowledge which is acquired under compulsion obtains no hold on the mind.”*

Enjoy!

### **Christian**

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