



## **FORTITUDE - May 2008 - Issue #22**

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.

### **Contents**

1. Exercise Routine of the Month.
2. The Long Island Kettlebell Club News
3. Quote of The Month

## **Exercise Routine of the Month**

This month our focus is strength and anaerobic training. 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 Front Squat 3x15
- 1b. Kettlebell Plank Row 3x10
2. Turkish Get Up 3x5
- 3a. Windmill 3x10
- 3b. Kettlebell French Press 3x15
- 4a. Hot Potato Ab Twist 3x15
- 4b. Kettlebell Bicep Curl
- 5a. Kettlebell Swing 3x50 <http://www.youtube.com/watch?v=l2J5JEKUOQQ>
- 5b. Jog 1 minute

The first exercise, **1a**, is the **Kettlebell Front Squat** loaded with a moderate challenging kettlebell weight in each hand at rack position for 15 repetitions. Make sure you maintain perfect technique! Those of you working with me know the proper Kettlebell Front Squat technique. The second exercise, **1b**, done immediately after the Kettlebell Front Squat is the **Kettlebell Plank Row** holding a moderate kettlebell weight. Rest for one minute and then perform another set for a total of three sets.

The third exercise, **2**, the **Turkish Get Up** performed for 5 repetitions for each side, with one minute rest between each side.

The fourth exercise, **3a**, the **Windmill** performed for 10 repetitions per side with a medium kettlebell load. The fifth exercise done immediately after the Windmill is, **3b**, **Kettlebell French Press** loaded with moderate kettlebell load for 15 repetitions. Rest one minute and then perform another set for three sets

The sixth exercise is, **4a**, **Hot Potato Ab Twist** done for 15 repetitions on each side. The seventh exercise done immediately after the Hot Potato Twist is **4b Kettlebell Bicep Curl** for 15 repetitions. Then rest about 1 to 2 minutes and then perform another set for a total of three sets.

The eighth exercise, **5a**, **Kettlebell Swing**, use a challenging kettlebell load to perform 50 repetitions. The swing technique is shown in my video: <http://www.youtube.com/watch?v=l2J5JEKUOQQ>. The ninth exercise, **5b**, **Jog** for 1 minute. Then once you complete the jog you immediately go back to **5a 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!

## **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 Friday at 11am and 7pm at Hot Yoga and Fitness Studio located at:

[Hot Yoga and Fitness Studio](#)

231-04 Robins Lane  
Syosset, NY 11791

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

We had a total of 4 people today. See pictures below.

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

**Men Class:** No men came to this kettlebell workout.

**Women Class:**

**FIRST PLACE:** Bernadette Olsen

**SECOND PLACE:** Claudia Wheeler

\***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 outdoor Kettlebell Workout is on ***Saturday June 21<sup>st</sup> at 1pm*** at Peter A Nelson Park located at 401 Oakwood Road in Huntington Station, NY 11746.

Go to: <http://www.meetup.com/Long-Island-Strength-Club/>

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!

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



### **Quote of the Month**

As Abraham Lincoln (1809 – 1865) once said: *“Always bear in mind that your own resolution to succeed is more important than any one thing.”*

Enjoy!

### **Christian**

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