

## ***BurrellesLuce Express***

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**HEADLINE:** Nichols certified as kettlebell instructor

### Source Website

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Staff reports

Personal Trainer Greg Nichols has become re-certified as a Russian Kettlebell instructor by ***Dragon Door Publications***, Inc. and Tactical Strength, Inc.

To earn the RKC credential, Nichols successfully completed 23 hours of training and passed the required tests to teach kettlebell fundamentals.

In addition, Nichols served as an assistant instructor to Master RKC instructor ***Pavel Tsatsouline*** at the June 10 Russian Kettlebell Challenge in St. Paul.

Bypassing the RKC requirements, Nichols is certified as holding the only internationally accepted Russian kettlebell certification.

The Russian Kettlebell Challenge was established in 1998 as a way of identifying individuals who possess the knowledge and skills needed to competently train individuals in the traditional methods of kettlebell hard-style techniques.

The "kettlebell" or girya, as it is called in Russia, is a traditional Russian cast iron weight that looks like a cannonball with a handle.

Used on Russian ships and submarines, the kettlebell delivered the ultimate strength and conditioning regime to troops confined to the limits of their quarters.

To see a demonstration of the kettlebell and to learn more about this tool for all-around fitness, American Kettlebell Works will hold an open house on Monday, June 18.

The open house, along with an introductory class taught by Nichols will begin at 5:30 p.m. at the old Search and Rescue building behind the Cook County Community Center.

Learn more by calling 387-1150 or visit [www.americankettlebellworks.com](http://www.americankettlebellworks.com).

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***Highlights: Pavel Tsatsouline, Dragon Door Publications***