



Kettlebell Cardio and Strength Workouts

By Amy Dudley, RKC
Better Bodies of Medina

Many women believe if they do any type of weight training, the result would be a more masculine body. I have found that women tend to join aerobics classes and use hydrolic exercise machines hoping to find the secret to huge weight loss.

I know most of us know "someone" that has either joined or tried one of these methods. We know the result!

Results that are noticeable do not come from just cardiovascular exercise. Make no mistake about it, the best way to get a lean, striking, and a well defined physique is with heavy weights and low reps.

I have taught group fitness classes for the last fifteen years. Four months after the birth of my third son, with many pounds to lose, I found myself looking for a excersize program that renewed my energy level, was exciting, and of course enabled me to fit into my pregnancy jeans! I found the answer...Kettlebell.

Doug Nepodal, RKC Team Leader and owner of Better Bodies of Medina, has been training with Kettlebells for five years. I took my first Kettlebell class with Doug; it changed my life!

What is a 'Kettlebell'?

A 'Kettlebell' is a traditional



Russian cast iron weight that looks like a cannonball with a

handle. The Kettlebell dates back to 1704 in the Russian dictionary and made its American debut in 2001 by Pavel Tsatsouline, deemed modern king of Kettlebells, and Dragon Door publications

Why train with 'Kettlebells'?

Kettlebell' workouts increase



strength, endurance, agility and balance, challenging both the muscular and cardiovascular system with dynamic, total-body movements delivering all-around fitness. Kettlebells' melt fat without the dishonor of dieting or aerobics.

What does this mean? If you're overweight, you will lean out. If you're skinny, you will build muscle. But will Kettlebell's make me bulky? In order to build big bulky muscles you have to have the right amount of testosterone levels which women do not have, and increased caloric intake, and a regimen that includes lots of volume. The answer is no.

The Russian Kettlebell is a powerful tool for fixing your body comp, whichever way it needs fixing. With 'kettlebells' you will get stronger and improve your overall conditioning, no other tool does it better. Additionally, the kettlebell will make your back resilient from every conceivable angle, statically and dynamically and is an outstanding grip, wrist, and forearm developer. The kettlebell's offset center of gravity maximizes shoulder strength, flexibility, and health. Which is beneficial in our busy, demanding lives

Who trains with 'Kettlebells'?

Clients or Comrades of all

persuasions or ages. 'Kettlebells' are used among all walks of life: martial artists, athletes, military, law enforcement, busy Mom's, soon to be you and me. This can definitely seem intimidating. What could a woman possibly get out of this? Everything. Kettlebells will increase your energy level, reshape your body, improve strength, relieve stress, and boost your metabolism which will enhance your quality of life. You will see results and achieve your fitness goals more quickly with The Kettlebell Workout.

Am I 'Kettlebell' material?

'Kettlebell' training is for everyone no matter what stage of life you find yourself or body

type. Participants begin with a manageable kettlebell and increase when ready.

Where can I train with 'Kettlebells'?

Better Bodies of Medina at 111 West Smith Road just south



of the square located on the corner of Smith and South Court.

When can I train with 'Kettlebells'?

Monday - 7:00pm to 8:00pm,

Tuesday - 9:15am to 10:15am,
Wednesday - 6:15pm to 7:15pm,
Thursday - 9:15am to 10:15am,
Saturday - 8:00am to 9:00am
and 9:00am to 10:00am.

If these times are not convenient for you, private or small-group sessions are offered. Please call for available times.

Most women are more concerned with having a lean physique rather than developing real strength. You will become leaner and develop a body that is strong and conditioned when you train for strength. The body you have always wanted or wished you had is waiting for you with Kettlebells at Better Bodies in Medina, Ohio.

Amy Dudley has been married for 12 years, Medina Resident for seven and is the proud Mother of three boys ages eight, six and one. She took her first Kettlebell class with Doug, four months after the birth of her third son with 45lbs to lose and the need for a different routine. Kettlebells made this goal a reality. Amy completed The 23 hour Russian Kettlebell Challenge in St. Paul Minnesota the beginning of September and is proud to ad this certification to her 15 year portfolio of experience in the Fitness Industry. She teaches KettleBell classes Tuesday and Thursday 9:15am-10:15am and provides one-on-one as well as small group training where you pick the participants (friends, family, neighbors, colleagues) and most convenient time for you. Amy can be reached at (330) 310-7849 or dudley1@zoominternet.net. For additional information check www.AmyDudley.blogspot.com and www.dragondoor.com



**Pavel Tsatsouline
Congratulating Amy**

Better
Bodies
of Medina

111 West Smith Road
Medina, Ohio

BBOM



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You Owe It To Yourself.

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Cost: \$10 per class or \$85 for 10 sessions.
No Contracts. No Time Limits.
Come when you can, don't if you can't.

Call Amy For More Information

330.310.7849