

Intro to Kettlebell Training

Instructor: Eric Kenyon RKC



Russian kettlebell training: the martial art of strength and conditioning.

These lifts are the *quickest fat burning exercise bar none*, tested and proven by the American Council on Exercise in 2010. Full-body lifts that combine cardio and strength training in one, they also build speed for all athletics.

Kettlebells are used extensively by Superbowl contenders the Indianapolis Colts to make their players lightning fast and injury proof.

Saturday

March 13th,

4:00-5:00 pm

Grass Valley Judo

131 Joerschke

Cost: 25.00

Eric Kenyon is the trainer's trainer, with over ten years experience instructing coaches, athletes and non-athletes at all levels. Safety and quality of technique are top priorities in this workshop.



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