



FORTITUDE - May 2007 - Issue #13

Welcome back everyone! It is a very busy and *AWESOME* year! FORTITUDE is growing and prospering!

Thank YOU

I want to thank my amazing brother Daniel whom has designed the beautiful FORTITUDE logo you will see in my video link below! Daniel is a graphic artist designer. He is an AWESOME and EXTREMELY CREATIVE artist since we were kids drawing amazing pictures of all kinds! Thank you very much Daniel! I wish you all the best with your career! I also want to thank Ayn Dayday, Matthew Earley and Daphne Dayday for filming, directing, and editing the video you will be seeing in this newsletter below. Thank you VERY MUCH Ayn, Matthew and Daphne for all your help and patience!

NEW Kettlebell BOOT CAMP Class

FORTITUDE is beginning a six-week outdoor Kettlebell Boot Camp on Saturday mornings from 9:15am to 10:30am. This is a total body drill focusing on strength and endurance. The cost is \$180 if sign up by June 3rd, otherwise \$240 thereafter. The classes will be held in Huntington, New York beginning on Saturday June 9th. The class is limited to TEN people and there are already two people signed up for this class. Places are filling up quickly, so if you are interested please email at christian@fortitodefitness.com with "KB Boot Camp" in the subject heading to register or to inquire more info for this six-week program. FORTITUDE Fitness is supplying all kettlebells, there are plenty of kettlebells for everyone.

CONGRATULATIONS

All of you whom have been consistently training alone or with a partner hopefully you are been making great overall progress. Those of you whom have been training with me are making EXCELLENT progress! James Kahn has been training with me for over one

and a half years currently completed a very intense Tennis Performance Enhancement program with me. He will be playing various tennis tournaments this summer. So lets all wish him the best for his tennis success! Jan Stone whom has been training with me for seven months has made excellent results! She just finished a very intense 8-week strength cycle, maxing out 185 pounds on the Squat, 220 pounds on the deadlift, and smoking out five reps on the body-weight pullup! JUST AMAZING! EXCELLENT job Jan you are on your way for the November 2007 USA Weightlifting competition!

Exercise Drill of the Month

With summer approaching many of you are wondering how you can make your cardiovascular training more interesting, challenging, and exciting. Some of you have those extra few pounds of body fat you want to shed off. This drill is great for those pressed for time as it only takes 20 minutes! Well here is a simple intense 20-minute kettlebell smoker that will get your heart rate past 70% of your cardio training zone! Here it is:

- 1a. Kettlebell Swing 30 repetitions
- 1b. Jog 3 minutes

This is an interval style anaerobic drill. The first exercise is the kettlebell swing done with a relatively comfortable weight for 30 repetitions. Please see my online demonstration on proper form and technique at: <http://www.youtube.com/watch?v=g3IsA-YzUEU>

The jog is performed for three minutes at a relatively comfortable pace. Do not sprint here because you need to re-gain your energy resource for the swing on the next round without rest! The kettlebell swing is the intense work phase and the jog is the active recovery phase. Do five sets of these two exercises without resting, by the end you'll be smoked!

Tracking Your Heart Rate

I highly recommend wearing a heart rate monitor to track your heart rate during this drill as you want to track your fitness progress. During this kettlebell drill your heart rate should be approximately between 50% - 90% of your maximum depending on your fitness level.

In order to calculate your zones we'll use the *Karvonen formula*:

$$\text{Heart Rate} = (220 - \text{Resting Heart Rate} - \text{Age}) \times P + \text{Resting Heart Rate}$$

P = Percentage

For example a 34 year old male with a resting heart rate of 50 beats per minute:

$$\begin{aligned} P=50\% \text{ HR} &= (220 - 50 - 34) \times 0.50 + 50 \\ &= 118 \text{ beats per minute} \end{aligned}$$

$$P=90\% \text{ HR} = (220 - 50 - 34) \times 0.90 + 50$$

= 172 beats per minute

Therefore, this person will be approximately 118 – 172 beats per minute for this kettlebell drill.

Perform this drill three times per week for six weeks then drop me a line on your progress!

Quote of the Month

As Aristotle once said: "*Happiness depends upon ourselves*".

Christian

"My heart and soul is vibrating like a volcano, and I am breathing like a dragon, The Fire of Life."