



FORTITUDE - January 2008 - Issue #18

Happy New Year 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.

Exercise Drill of the Month

Now with a great New Year we are going to perform high intensity anaerobic superset drill get your metabolism revved up for MAXIMUM fat loss! 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 Swing 3x30 View my video: <http://www.youtube.com/watch?v=g3IsA-YzUEU>

1c. Rack Farmer's Walk

2a. Kettlebell Bent Over Row 3x15

2b. Pushups 3x15

2c. Kettlebell Halo 3x10 per direction

The Afterburner

3a. Kettlebell Swing 3x50 View my video: <http://www.youtube.com/watch?v=g3IsA-YzUEU>

3b. Jog/Active Recovery

The first exercise, 1a, is the Kettlebell Front Squat with barbell on the upper back loaded with a moderate challenging weight 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 Squat is the kettlebell swing which you will be hold a

kettlebell with both hands and performing 30 repetitions. The swing technique is shown in my video: <http://www.youtube.com/watch?v=g3IsA-YzUEU>. The third exercise, 1c, Kettlebell Rack Farmer's Walk done with a medium load pair of kettlebells, you must walk at least 100 feet. You will then rest about 1 to 2 minutes and then perform another set for a total of three sets.

For the fourth exercise, 2a, Kettlebell Bent Over Row with a kettlebell loaded with a moderate challenging weight for 15 repetitions. You need to make sure you maintain neutral spine with your torso almost parallel to the floor. The fifth exercise, 2b, Pushups, done immediately after the Kettlebell Bent Over Row. If pushups are challenging, you can do them kneeling or at an incline with hands on a table or a rack. If pushups are a cinch, you can do this full with a weight on your back. The sixth exercise, 2c, Kettlebell Halo done with a light to medium kettlebell load with 10 reps in each direction.

The final two exercises together are called "*The Afterburner*" This is where you will be getting your heart rate at an exciting high intensity fat burning level! So you will be doing 50 repetitions swings with a moderate kettlebell load followed by a comfortable jogging speed. Do not go too fast on the jog as this your active recovery phase. Then right after the jog you will do another set of 50 reps swings. You will repeat these two exercise sequence for a total of three sets with out stopping. If you feel strong go for five sets! Make sure you breathe well here as this drill will be getting your rate at a high level, beyond 90% of your anaerobic threshold. Also make sure your swing stays in optimal form for your reps and sets. Please see my swing technique video: <http://www.youtube.com/watch?v=g3IsA-YzUEU>

Please make sure you maintain perfect technique for all these exercises as I cannot stress this enough!

Cleansing

I have teamed up with a colleague, Carla Weier, who is a Holistic Health Counselor and Personal Trainer. She is helping her clients achieve these goals through a nutritional cleanse that is a whole-body, internal cleanse using high quality nutritional elements that have been synergistically blended for efficient absorbability and maximum impact. It provides the body an environment to release impurities which leads to a rejuvenated body and replenished lean mass. The result is greatly improved energy levels and improved overall health and wellness.

Whether your focus is to accelerate weight loss, improve your overall health and wellness, or achieve peak performance Carla and I will assist you in meeting these goals.

This month I asked Carla to write an article on body cleansing as she done herself.

The Truth About Cleansing

by Carla Weier

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Did you know that Chemicals and toxins are the primary cause of illness, disease and obesity? Studies have discovered various chemicals from our foods and environment that indicates man contributes 700,000 tons of pollutants into the air every day. These pollutants range from everyday household cleaners to cosmetics and hair dyes. Without a nutritionally rich diet that nourished and assists the body in cleansing these substances from the body, the body will lose its strength and vitality. The immune system will become suppressed, contributing to an increase in illness, disease and excess body fat- a major killer in America today. These chemicals and toxins accumulate over time, and cause the liver and kidneys to become overworked and weak. Research has shown that stress causes the adrenals to release excess cortisol, a stress hormone that triggers over-indulgence in simple carbohydrates like chocolate, candy, sodas, and ice cream, even when you are not hungry. Excess cortisol contributes to hormone imbalances. 65% of the world's population cleanse on a regular basis as part of their cultures. Why don't North Americans?

Here is another interesting fact. Chemicals and toxins accumulate in fat tissue. The more chemicals and toxins, the more fat the body manufactures. Have you ever tried to lose weight only to be disappointed? Well, perhaps now you know the reason why! Most diets, lotions, pills, potions, and powders use unhealthy and potentially dangerous ingredients, such as ma huang, ephedra, and caffeine that promise fast weight loss. However, the weight loss is primarily water and lean muscle. Minimal fat is lost because these products do not address the cleansing of the system.

Without proper cleansing, the lost lean muscle and water return as fat, thus people are actually fatter versions of the prior selves. Chemicals and toxins are bound within the fat tissue, and only specifically blended nutrients can contribute to releasing the chemicals from fat.

Are you ready to be healthy, clean and lean? Then modify your lifestyle to incorporate the Isagenix on-going cleansing system, eat sensibly and exercise. The Isagenix System provides all the ingredients to help cleanse and burn the fat! Turn your health status around immediately with natural organic herbs, vitamins and minerals, botanicals and supplements. Bring your body back into nutritional balance with perhaps the most complete system available for cleansing and fat control. You too can lose weight naturally starting today!

- Isagenix represents a new, exciting and extraordinary cleansing technology that does what it says it will do! You can start feeling better today. If you want to lose 5, 10 or 15 pounds or more, be prepared for some excitement in your life!
- Accelerate weight loss through a safe and effective release of toxic fat. Reduce inches while increasing lean muscle mass
- Overall health and wellness benefits include increased energy and mental clarity. Experience positive emotional stability, healthy sleep patterns, and improved immune function. Feel younger and rejuvenated!
- Experience peak performance in endurance and strength along with a desirable body fat ratio.

Register before Valentines Day, February 14th, and receive a 30 minute goal setting consultation from a holistic health counselor Carla Weier.

Watch this video now! - www.drspeaksout.com

Look at the 30-day Program

http://www.compleatfitness.isagenix.com/us/en/cleanse_30day.dhtml

Watch a video that explains the 30 day and Total Health and Wellness Programs

www.cleansedforlife.com

The Isagenix 30-day Cleansing and Fat Burning system is extremely affordable. It costs less than \$8.00 a day. Most people will save money on the program because their grocery bills will be drastically reduced.

Call Carla Weier today for more info at 917-292-2069

MAKE 2008 GREAT!

www.compleatfitness.com

Long Island Kettlebell Club Update

We had a great workout yesterday Saturday 1/19/08 at 1pm in the freezing cold! Please go to: <http://www.meetup.com/Long-Island-Strength-Club/> to become a member of this club and read up on all details. It is free to join.

We had a total of 3 people today. See pictures below.

Our next Kettlebell Workout is on Saturday February 16th at 1pm at Peter A Nelson Park located at 401 Oakwood Road in Huntington Station, NY 11746.

Register for the February 2008 Kettlebell Workout: <http://www.meetup.com/Long-Island-Strength-Club/>

Hope to see you all there!

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



Quote of the Month

As the life adventurer Mike Dooley starring in the movie “**The Secret**” said: “*Thoughts become things.*”

Enjoy!

Christian

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