



FORTITUDE - April 2009 - Issue #28

Again I want to thank my brother Daniel an amazing artist for redesigning our logo! It is beautiful! We have recently moved our **Fortitude Evolutions Incorporated** website to our new domain at: <http://www.fortitudeevolution.com> And **The Long Island Strength Club** <http://www.meetup.com/Long-Island-Strength-Club/>

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Download “Basic Kettlebell Training” eBook

Go to this link:

<http://www.meetup.com/Long-Island-Strength-Club/files/>

and download **Basic Kettlebell Training** eBook. This is a document detailing proper form and technique for basic kettlebell exercises. Read it and let me know how it has helped you. **NOTE: You MUST BE LOGGED IN as a Long Island Kettlebell Club member to access this and all others files at:** <http://www.meetup.com/Long-Island-Strength-Club/files/>

It is free to join so just create an account and you'll be able to access all our files and past newsletters.

Exercise Drill of the Month

With Spring season here we are going to focus on cardiovascular training, kick start your metabolism like a scorching furnace! This will make you look great and blast your energy! You **MUST** possess perfect technique on these exercises! According to Kenneth Jay, Senior RKC, cardiovascular training is defined as “stimulating in whole body VO_{2max} ”. VO_{2max} is defined as the pumping capacity of the heart multiplied by the oxygen extraction from the blood in the working muscles.

Grab your iPod and with some AWESOME music such as <http://www.di.fm/> and let's get going! My favorite channel here at di.fm is Vocal Trance.

Day One

A1. Kettlebell Hard Style Snatch 5x20 per arm

A2. Jog or Fast Walk 5 x 3:00 minutes

Rest 3 minutes

B1. Kettlebell Farmer's Walk 3x75 yards

B2. Pushups 3x20

B3. Kettlebell Bent Over Row 3x20

Day Two

A1. Kettlebell Swing 5x50 View my video: <http://www.youtube.com/watch?v=I2J5JEKUOQQ>

A2. Jog or Fast Walk 5 x 2:00 minutes

Rest 3 minutes

B1. Kettlebell Rack Walking Lunge 3x20 per leg

B2. Pullups or Assisted Pullups 3x20

B3. Kettlebell Push Press 3x20

Day One the first exercise, A1, is Kettlebell Hard Style Snatch performing 20 reps per arm with an immediate switch to the next arm after you complete 20 reps on the first arm. Use a light to moderate kettlebell load because you will be performing many reps and need to be able to complete them all! Make sure you maintain perfect technique! Those of you working with me know the proper Kettlebell Hard Style Snatch technique. The second exercise, A2, done immediately after the Kettlebell Hard Style Snatch is jogging or fast walking for three minutes, this is where you recover your heart rate to approximately 30% – 50% of your max, be gentle here. Then immediately after the jog/fast walk you go back and perform the Kettlebell Hard Style Snatch for 20 reps per arm. Do this circuit drill with out any rest till you complete 5 sets, then after the fifth set you can rest for 3 minutes.

The third exercise is the Kettlebell Farmer's Walk for 75 yards with a moderate kettlebell load in each hand. Then immediately after you perform 20 body weight pushups and immediately after you perform 20 reps Kettlebell Bent Over Rows with the same load you used for the Farmer's Walk. Then immediately after the Bent Over Rows go right back to the Kettlebell Farmer's Walk for 75 yards. Complete this circuit drill for 3 sets without any rest!

Day Two the first exercise, A1, is Kettlebell Swing with a moderate challenging kettlebell load for 50 repetitions. View my video: <http://www.youtube.com/watch?v=I2J5JEKUOQQ>

The second exercise, A2, done immediately after the Kettlebell Swing is jogging or fast walking for two minutes, this is where you recover your heart rate to approximately 30% – 50% of your max, be gentle here. Then immediately after the jog/fast walk you go back and perform the Kettlebell Swing for 50 reps per. Do this circuit drill with out any rest till you complete 5 sets, then after the fifth set you can rest for 3 minutes.

The third exercise is the Kettlebell Rack Walking Lunge for 20 reps per leg with a light to moderate kettlebell load in each hand. Then immediately after you perform 20 pullups or assisted pullups, and immediately after you perform 20 reps Kettlebell Push Press with the same load you used for the Walking Lunge. Then immediately after the Kettlebell Push Press go right back to the Kettlebell Rack Walking Lunge and per another 20 reps per leg. Complete this circuit drill for 3 sets without any rest! Enjoy!

Make sure you maintain perfect technique for all these exercises as I cannot stress this enough! You should be done within 45 minutes for each workout day.

Holistic Health Care

Keep your body in great health! See my great Chiropractor **Doctor Michael Smatt** for Chiropractic care and Nutrition Program to stay in great physiological health. For over ten years I have not taken any antibiotics or medication because of these amazing historic holistic methods! Please go see Doctor Michael Smatt to learn more about the amazing benefits of Chiropractic and Nutrition:

Madison Avenue Chiropractic Center

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Long Island Kettlebell Club Update

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.

Our next kettlebell workout is on *Saturday April 18th at 4pm, and April 25th at 1pm* at Peter A Nelson Park located at 401 Oakwood Road in Huntington Station, NY 11746. Please go to: <http://www.meetup.com/Long-Island-Strength-Club/> to sign up for these workouts and other events coming up in May with The Long Island Kettlebell Club.

Looking forward to seeing you all there!

Training One on One with a Master Trainer

You want to take your fitness to the next level? Consider working with Master Trainer Christian for a program and see your strength, tone, lean, flexibility, and performance becoming part of you! You will look, feel, and move great! Please request via my cell number: 516-635-5274 to get started right away. All new clients will receive a free assessment to determine your baseline as a guide to customize your training program.

Christian Lombardo's Biography

Christian Lombardo has been involved in the fitness industry since 1993. He is regarded and recognized by many as an expert. His devotion to excellence is seen by his frequent attendance at technique seminars, research and reading, and putting on community workshops. Christian is always going the extra mile to see his clients succeed and the profession advance.

Some of his clients success include the loss of 14 pounds of body fat in 6 weeks. Some clients have gained 13 pounds of lean muscle in 6 weeks. Nothing stokes Christian more than assisting a client who was unable to walk effectively, is now jumping and running.

Quote of the Month

As an American born Bob Hoffman (1898 – 1985)

<http://www.sandowplus.co.uk/Competition/Hoffman/hoffmanindex.htm> once said: *"Who takes up the practice of physical training to improve his body, persists with the progressive system, constantly striving to handle more and more weight, he will obtain better proportions, but vastly greater strength and weight lifting ability."*

Enjoy!

Christian

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