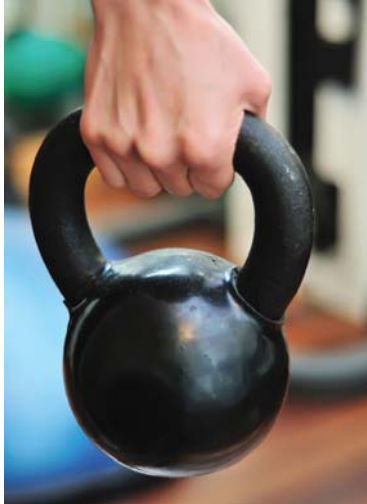




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What Are Kettlebells? How Can They Help Me?



Kettlebells are cast iron balls about the size of bowling balls with a curved handle on one side. Ranging in weight from two to 100 pounds, they are used to promote **functional, whole-body conditioning**. Some models are designed so that additional weight can be added in small increments to create a progressive resistance regimen.

Because Pavel Tsatsouline, a Soviet strength and conditioning trainer, popularized kettlebells in the United States, they are sometimes called “Russian kettlebells.” Popular among athletes, mixed martial artists and actors, kettlebells are showing up in more and more fitness and rehabilitation centers.

Kettlebells owe their popularity to the fact that they provide a coordinated full-body workout. While many fitness routines emphasize isolation and strengthening of individual muscle groups, **a kettlebell workout requires all the muscles of the body to work together**. For example, a kettlebell cannot be lifted without properly engaging the hips.

To prevent injury, correct positioning and movement of the body when performing kettlebell exercises is extremely important. Monitored by an experienced instructor, training should begin with lightweight kettlebells, until proper execution of the exercise becomes second nature. Later, more weight and more repetitions can be added.

Enthusiasts find that kettlebell exercises not only increase core strength but also promote flexibility, coordination, cardiovascular fitness and the development of explosive power. **This whole-body approach is believed to more closely mimic the way the entire body needs to work as a unit during athletic activities.**

Our staff will be happy to develop a program that incorporates kettlebells into your total fitness or rehabilitation program. This equipment might be just the ticket to **improve your body strength and conditioning through a full-body workout.**