



**Russian Kettlebell Instructor...Brian Shane, RKC
Individual, Group or Team Instruction**

IF YOU ARE LOOKING TO GET IN SHAPE and **BURN FAT...THIS IS IT.**

**A Kettlebell is a Gym in your hand.
Kettlebells develop **FUNCTIONAL STRENGTH****

WHAT IS A KETTLEBELL? It is a traditional Russian cast iron weight that looks like a cannonball with a handle. I like to say it is a simple transportable training medium-a highly functional training tool. "Movement is trained and not muscles." I have them in the back of my truck. I can grab one and get a 20 minute workout anywhere! It's changed my **body composition, strength, mobility and flexibility**. It has changed my life.

"It is hard to find a better exercise that develops strength, flexibility and cardiovascular endurance simultaneously." It delivers extreme all around fitness. It will replace the barbell, dumbbell, belts for weighted pull-ups and dips, medicine balls and cardio equipment.

WHAT EXERCISES ARE USED: The basics are the Swing(center of the RKC Universe), Turkish Get-Up, Clean, Press, Squat, Snatch. You can work out everyday if you want.

TOP 5 REASONS KETTLEBELLS ARE THE BEST FITNESS TOOL:

1. Burns Fat

The **entire body is trained**. You can do 4 times the work, with a light weight by using overspeed eccentrics. You are working your **core**. **The kettlebell develops the hip thrust, glutes, abs and lats. The hip thrust is the power generator for all athletics!**

2. Offset Center of Gravity

The **kettlebell's center of gravity is 6-8 inches below the center of your hand which maximizes shoulder strength**. Barbells and dumbbells center the weight with your hand. KBs can do anything a dumbbell can do, even better in fact, but not vice-versa.

3. A Gym in One Hand

Your workout's variety is only limited by your imagination and safety. One KB, two KBs and combination drills provide unlimited protection from boredom. KBs can be **used anywhere**. It is basically a hand held gym and provides you with a total body workout.

4. Relaxed Tension

Tension is strength, relaxation is speed. KB training utilizes a balance of tension and relaxation to build strength.

5. The Ultimate in Conditioning the Body for Extreme Decelerations

Think of all the sudden stops and direction changes in basketball and football. If you have not conditioned yourself to handle these forces, you will perform sub-par and run a high risk of injury. Traditional strength training, even the Olympic "quick lifts", does not address this issue as the weight is either dropped or treated to a slow negative. **"You can not swing a barbell between your legs!"**

KETTLEBELL INSTRUCTION: Kaizenkettlebells@gmail.com or Call 610-246-7926. I have been coaching high school and college basketball for the past 20 years and this will fit perfectly into any practice. I have been teaching health and physical education for 15 years. RKC is the most difficult certification to obtain. I went to San Diego for the RKC course. In 3 days we had 23 hours of instruction on the 6 basics. We were then tested by our group leader. My group leader was Mark Reifkind, who is 1 of only 4 master RKC's in the world. I was also required to snatch the 53 lb. KB (24kg) 100 times in 5 minutes. At most RKC certifications there is a 25 % failure rate.

Thank you... Brian Shane, RKC

KETTLEBELLS are [Yoga with Weights](#) and [Advanced Pilates](#)!

WHO USES KETTLEBELLS IN THE UNITED STATES?...Pavel a former Spetsnaz instructor from Russia brought them to the U.S. You can find Pavel's certified kettlebell instructors in outfits such as the Force Recon Marines, the FBI Hostage Rescue Team and the Secret Service Counter Assault Team.

KETTLEBELLS DELIVER XTREME ALL AROUND FITNESS...Voropayev (1983) observed 2 groups of subjects over a period of a few years and tested them with a standard battery of armed forces PT tests: pull ups, standard broad jump, 100m sprint, and 1k run. The control group followed a typical university education program that emphasized the above. The experimental group just lifted kettlebells. In spite of the lack of practice on the tested exercises, the kettlebell group showed better scores in every one of them.

The kettlebell will melt fat without the dishonor of dieting or aerobics.

KETTLEBELL SIZES... 9, 18, 26, 35, 44, 53, 61, 70, 79, 88, 106 pound kettlebells.

"Kettlebells are like weightlifting times ten...If I could've met Pavel in the early 80's, I might've won two gold medals."--Dennis Koslowski, D.C., RKC, Olympic Silver Medalist, Greco-Roman Wrestling.

Brian Shane is now RKC

Written by Phil Scarito

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Well, the summer of frustration, hard work and countless hours of instruction all paid off in the end. Brian Shane has officially become a Certified Russian Kettlebell instructor, RKC. Brian came to me about 1 year ago, with the hope of learning something new. He could not even get into a 90 degree squat, let alone a rock bottom one. I never met anyone who kept such detailed notes of every one of my classes. Brian is unique in that he absorbs every piece of information and drill that I showed him.

Determination, Hard work and persistence got Brian through RKC. I gave him the tools and he used all of them to get him where he is today. Check out Brian's testimonial on my home page DV8Fitness.com

Brian Shane, RKC

Well done my friend.

