

The Call Of The Kettlebells

Jim O'Hagan

Welcome back! Now that the summer is at our doorstep I am glad to see so many of my clients back in the East End. Can't say I blame you for getting away. As much as I love the off-season by the time the New Year rolls round I am itching to see familiar faces and warmer climes.

Now that you're back I have a number of new programs that will make your getting back into top shape, that much easier and fun!! That all starts with a brand-new class that will knock your old gym socks off.

Now I should tell you that it is very rare that I come across a new training technique that I can whole heartedly recommend to my clients. Occasionally a refinement of a technique comes along that makes some aspect of traditional exercise easier or more effective, but a whole new way of getting your psyche rejuvenated? That, my friend, is a rare commodity indeed.

Well, get ready to learn a whole new way of exercising. It is called kettlebell training and I can honestly tell you it is nothing short of a revolution in fitness. Don't believe me? Take a look at the results our newest instructor, Lorna Kleidman, has had with it!

work, without a question.

Now where in the heck does this come from? Cast your eyes to the east, across the frozen steppes of Mother Russia where kettlebells were invented. One of the oldest forms of weighted exercise kettlebells were mentioned as long ago as the early 1700's. Known as girya, kettlebells are basically cast iron balls with a handle that range in size from 8 – 75 pounds.

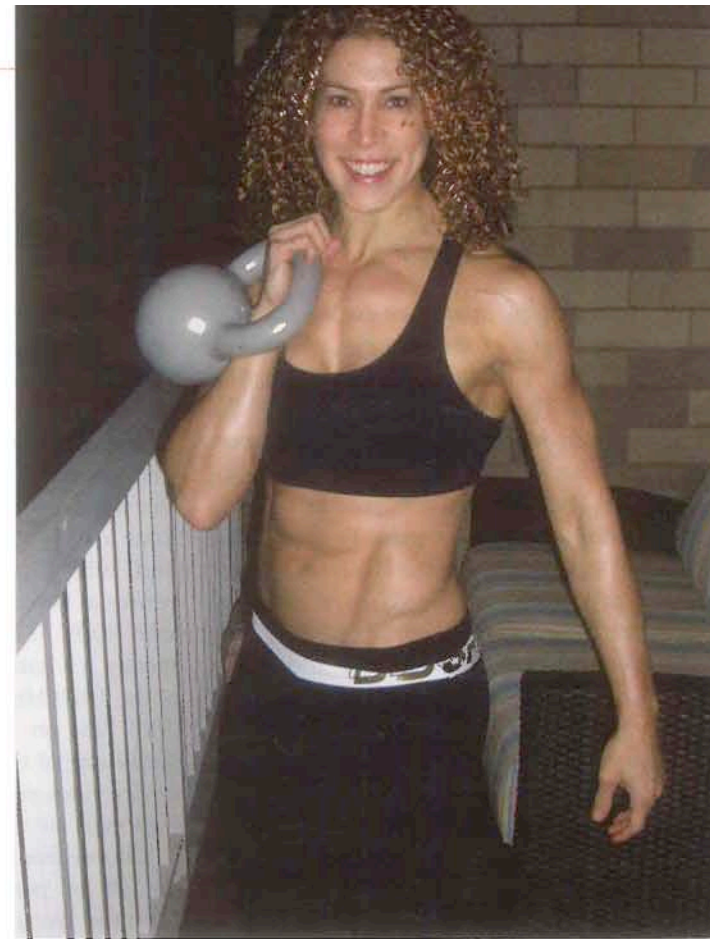
Their unique utility is a function of their shape: function follows form. The kettlebell handle adds an extra lever to the weighted arm. It is a lever that has a variable center of gravity depending upon how it is lifted or swung. The dynamic movements of the kettlebell are limitless when compared to the mobility of a dumbbell, which only allows 2-dimensional movements.

Working with the kettlebell forces the nervous system to respond quickly, firing more of the muscles' motor units so that the ever-shifting momentum can be controlled. In addition, the body has to work to stabilize itself throughout the movement, thereby engaging the core muscles at all times. The result is a fine-tuned neuromuscular system that is not only responsive but looks fabulous and reduces injury.

ment, the seminal study was done under optimum condition by the Russians in 1983. They observed two groups of athletes over a period of several years and tested them with a battery of standard military tests: pull-ups, standing broad jump, 100m sprint, and 1k run. The control group followed a typical university physical education program that emphasized the specific aforementioned activities. The experimental group lifted kettlebells exclusively. Upon retests, the kettlebell group scored higher in every one of the standard exercises, even though they had not practiced them once!

When used properly kettlebells will increase your metabolism, enhance your strength, strengthen bones, increase both aerobic capacity and power endurance and help you lose fat. In fact they can single-handedly give you all the benefits of any free-weight system, all in one tidy package. Of course your success will be based on a proper technique. That's where Lorna comes into the overall picture.

Acknowledged as one of the leaders in this fast growing technique she is also USA's #1 ranked kettlebell athlete. She earned that designation at the December 1, 2007 USGSF event in San Diego where



weight category for repetitive kettlebell snatches. How many was she able to do? Try 193 consecutive snatches with a 35 lb. kettlebell in a mere ten minutes.

If you'd like to get in on this effective and efficient workout we'll be holding classes at Core Dynamics in Water Mill on Saturdays and Sundays beginning Memorial Day. Taught by Lorna these 60 minute classes are limited in size so if you'd like to get in on the ground floor of the newest, most efficient way to shape up, be sure to check-in soon.

When not throwing his weight around in kettlebells you'll find Jim O'Hagan behind the counter of his state-of-the-art fitness center, Core Dynamics