

USE KETTLEBELLS FOR:

- Burning fat like nothing else...
- Cardio and weight-training...
- Ease on your joints...
- Working nearly every muscle in your body...
- Highly efficient and effective workouts...
- Getting strong, lean and toned...
- Strength and flexibility to help with everyday activities!



I have never been stronger in my life! The training and conditioning Mike provides makes me strong from the inside out! My arms and legs are toned, my butt is higher than it's ever been, and my core is strong!



Pam Main
Edmonton, Alberta

CERTIFIED KETTLEBELL INSTRUCTORS

Certified kettlebell instructors have the expertise to make sure you are:

- working safely,
- working correctly, and
- getting the most out of your training.

The Russian Kettlebell Challenge (RKC) is recognized as the best and most comprehensive kettlebell certification program in the world.

- **Mike Chomitsch, RKC, AKC, AFLCA**
Mike's passion for fitness went to new heights when he started using kettlebells. His strength, conditioning and overall sports performance increased dramatically. As a trainer, Mike knew that adding kettlebells to his portfolio would help his clients immensely.
Cell: 780-298-6038

**ESC proudly operates out of
Legends Family Training Centre
11500 170 St
www.legendstrainingcentre.com**

FOR MORE INFORMATION

Evolution Strength & Conditioning

**edmontonkettlebells.com
getstrong@edmontonkettlebells.com**



What the hell is a kettlebell?



It's the ultimate strength & conditioning tool that delivers a total body workout and the strong, toned, lean physique you've always dreamed of!

WHAT IS A KETTLEBELL?

A kettlebell is a traditional Russian cast iron weight that looks like a cannonball with a handle. It's been called the ultimate tool for extreme all-round fitness. They range in weight from 10 to 106 pounds.



HOW WILL KETTLEBELLS HELP ME GET THE RESULTS I WANT?

Kettlebell workouts increase strength, endurance, agility, and balance. You will get both a muscular and a cardiovascular workout using dynamic total-body (ballistic) movements.

Unique Design, Unique Results

A kettlebell is lifted, swung, pressed and pulled in a variety of different ways. When lifting the kettlebell, you are forced to work extra hard—especially your core muscles—to keep it balanced and under control. Ballistic movements are incredible fat burners because they use nearly every muscle in your body.

Efficiency

Using a kettlebell will build strong, lean muscle. The movements you do burn calories and fat simultaneously and the strength you build is functional. It will help you perform everyday activities better and improve your strength, flexibility, and conditioning for any sport.

WHAT'S IN IT FOR ME?

Fat Burning

Kettlebell workouts burn a lot of fat! A lot!

Efficient Workouts

Cut your workout time without cutting back on results.

Build a Warrior's Physique

Forge a physique that's strong, lean, toned and tight!

Strength & Flexibility

Kettlebells help you build muscle, which burns fat and helps you look great! Since you're also working on flexibility, your range of motion will increase—meaning less stress on your body and fewer injuries.

Functional Strength that Translates to Real Life

You'll use the strength you've built every day.

Portability & Variety

Take a kettlebell anywhere, like the park on a summer day, and there is an endless variety of exercises you can do.

Outstanding Cardio

Conditioning & Endurance

Swinging, pulling or pressing them, kettlebells get your heart rate up fast!

Safety - A Part of Performance

Kettlebells are very safe. The exercises are no-to-low impact and when done correctly, have your body work in its natural range of motion.

Amazing Core Conditioning

Lifting kettlebells, particularly overhead, will strengthen your important core muscles in a hurry.

Get Out What You Put In

Work hard and you will get amazing results! Give yourself the chance to succeed!

