

RAPID RESULTS FITNESS



IN. OUT. FIT.™

INTRODUCTORY KETTLEBELL WORKSHOP

Kettlebells are the world's best tool for building a rock solid core, melting body fat and providing an intense cardio workout — simultaneously!

Learn how kettlebells can help you get in the best shape of your life!

RKC Level II (Russian Kettlebell Challenge) Instructor Betsy Collie will present a safer, faster, more effective way to achieve results in fat loss, strength development, and athletic excellence using kettlebells.

PRETZEL LOGIC YOGA WINSTON-SALEM, NC SUNDAY, SEPT. 20, 2009

This two-hour workshop will cover basic kettlebell exercises. My workshop will show you how to use your body safely, effectively and efficiently. You'll be amazed at what this universal tool, the Russian Kettlebell, can do with your body both in strength training, core conditioning and cardio without any impact to your joints! Kettlebells will give you a metabolism boosting workout in less than an hour three times a week with some amazing results! Come experience it for yourself!



Betsy Collie, who is owner and head kettlebell instructor at Durham's Rapid Results Fitness, has been in the fitness profession for more than 20 years.

Betsy's professional background is evident in her graceful, elegant, and fluid movement. Betsy is currently certified as a Russian Kettlebell Instructor, Level II Instructor (RKC2), Z-Health Level I Certified trainer, and the American Fitness and Aerobics Association (AFAA) to teach Group Fitness, Pilates, and Personal Training.

Just recently, Betsy was appointed by Pavel Tsatsouline along with nine other instructors to instruct the Navy SEALs in Kettlebell training. Betsy is also a national figure competitor, having competed in the NPA and NPC federations. She placed second in the NPA Figure Competition in July 2008.



Register online: www.rapidresultsfitness.net

8 Reasons You Should Be Training With Kettlebells

There are eight main benefits that kettlebell training can provide. These are what make kettlebell training unique; things that don't—and more importantly—can't occur with traditional forms of training like dumbbells, barbells, and machines.

1. The Kettlebell Pushes Your Body To Burn More Fat In Less Time

Ballistic exercises like the Swing and the Snatch force your body to use almost every muscle, especially the bigger muscles in your body—your legs and hips. These ballistic exercises force your muscles to contract much harder for a longer period of time than normal cardiovascular exercises. More contraction means increased fat burning!

2. The Kettlebell Forces You To Work Your Core On Every Set, Every Rep

Imagine getting the most intense ab workout—including those hard to reach “lower abs”—without actually performing umpteen different ab exercises. Because of the offset handle of the kettlebell, you end up training your “core” with every single exercise and every single rep you perform. Your body is forced to stabilize itself and protect your spine. It uses the muscles of the Core to do this. Your abs are just like any other muscle—in order for them to flatten and tighten they must do more work. They just can't hide from the kettlebell—it forces them to work all the time. Talk about efficient!

3. The Kettlebell Forces Your Body to Perform More Work

Why would you want to perform more work? Because that's how you measure your progress! The shape of the kettlebell, with the handle on top of the bell allows for your joints to stay in a neutral position. This is the best position to recruit the maximum number of muscles necessary to move. It is also the safest position for your joints to be in under heavy loads. If you are trying to grow muscle, this is great news! You can stimulate more muscle fibers and move more safely. This is key because the quickest way to hamper your muscle growth is a joint injury. On the flip side, if you are trying to burn fat, your body will use more energy because it's using more muscles to move the weight. This means you'll burn more calories during a workout, but more importantly, you'll burn more calories AFTER your workout.

4. Kettlebell Training Makes You A Better Athlete

Improve your sport training with kettlebells: It's no secret that the ability to move—to start, stop, jump, twist, turn, etc. comes from the ability of the hips to generate and reduce force and power. It doesn't matter if your game is golf, tennis, or distance running—stronger, more flexible hips and core guarantee improved sport performance. Just the other day one of our class members was telling us that she and her twin sister went for a jog. Before she knew it, she was a half-mile ahead of her sister. Here's the most amazing part Our class member only trains with kettlebells and quit running. Her sister runs three days per week!

5. Kettlebells Strengthen Your Lower Back

Are you one of the 97 out of every 100 Americans who suffer from an aching back?

Training with kettlebells will make your back feel better than ever. One of the keys to strengthening your lower back is to strengthen your abs, butt, and hamstrings. Kettlebell exercises do just that and they strengthen your back from every conceivable and imaginable angle giving you a resilience you haven't experienced since you were a kid.

6. Kettlebell Training Fixes Ailing Shoulders

Ever hurt your shoulder in a normal strength training routine? Well then there's good news for you: The kettlebell MAXIMIZES shoulder health. Most people don't know that there's more to your shoulder musculature than what you see on the surface or in the mirror, unless of course you've had a rotator cuff injury. Exercises with the kettlebell improve shoulder flexibility, mobility, and strength from the inside out, restoring optimum function of the shoulders, decreasing shoulder pain, and allowing you to regain lost movements.

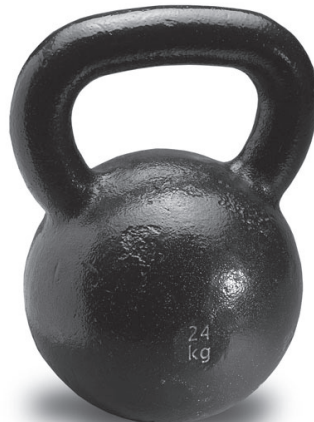
7. Kettlebell Training Optimizes Cardiovascular Training

Everybody needs to exercise his or her heart through cardiovascular training. But let's face it, going to the gym and running on the treadmill, or climbing on the stairmaster, or bouncing up and down on the elliptical is about as fun as well, going to the dentist—it's something you HAVE to do but don't really want to do. (Sorry to all the dentists out there...) With a kettlebell, you can get your cardio in AND your strength training simultaneously. And here's the really great thing: All those cardio machines in the gym move underneath you giving you extra “help” in your training, robbing you of calories you could be burning if you actually did those activities outside. Not so with the kettlebell!

8. Kettlebell Training: Maximize Your Workout Efficiency!

Life is busy! Who's got time to spend working out two hours or more at a time to make sure you get your strength training, your cardio, and your stretching in? Kettlebell training is EXTREMELY time-efficient—In less than three hours a week (or less than 2% of your total week) you can burn fat, grow muscle, get your cardio in, rehab injuries, and increase your flexibility. Just yesterday I was training a police officer. We got his strength training done in 15 minutes (we emphasized upper body but he worked his WHOLE body) and his cardio done in ONLY 10 minutes. He was sweating profusely and it took him a good three to four minutes after to catch his breath afterwards. Not only that, because of the exercise we chose for his strength training, we were able to modify the rest periods for maximum muscle growth AND produce a cardiovascular effect (i.e.: get him breathing hard). Talk about productive! Now here's the best part: This workout benefited him LONG after he left—his metabolism was racing and he will be burning fat for up to 36 hours AFTER his workout. Talk about time efficient!

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Introductory Kettlebell Workshop

When
Sunday
September 20, 2009
2 – 4 p.m.

Where
Pretzel Logic Yoga
3068 Trenwest Drive
Winston-Salem, NC 27103
(336) 760-0307

Requirements
Registration and payment must be made prior to the workshop.

Register online at
www.rapidresultsfitness.net

Cost
\$50 per person
Kettlebells will be provided