



# Introduction to Russian Kettlebells

**Discover how this simple “Hand-held Gym” brings faster fat loss, rapid muscle gain, higher performance, and dramatic power—in only minutes per day!**

In 2001, former Soviet special forces trainer Pavel Tsatouline introduced the kettlebell to the United States—and forever altered the landscape of American fitness with his breakthrough system for achieving astonishingly rapid, yet consistent gains in muscle strength, explosive power, energy, and functional performance with a single, simple tool: The Kettlebell!

*Now the Russian Kettlebell Invasion is here...in McMinnville, TN!*

**Tuesday and Thursday Evenings  
McMinnville Civic Center  
6:45 – 7:45 pm, 4 Week Class  
Cost: \$64.00  
Beginning March 9<sup>th</sup>  
Class size limited to 10 participants  
Sign up Now!**

- Learn how to melt fat without hours of frustrating, boring cardio!
- Ladies...look toned, be strong, and feel youthful & energetic!
- Men...get lean & rugged, dramatically increase your endurance & strength!

## Instructor

**John Howlett, RKC  
The ONLY certified RKC kettlebell instructor in this area!**

# Introduction to Kettlebells

## Class Information

**Always check with your physician before beginning any exercise or training program—including this one. Each participant will be required to sign a liability waiver.**



### What to Bring:

1. We will provide kettlebells for the course. However, if you have your own and prefer to use it, you may do so with the instructor's approval.
2. Exercise clothes (please be dressed and ready on time)
3. Approved footwear!

Note: We recommend going barefoot. Shoes with little padding, such as Chuck Taylor Converse shoes, are allowed. Vibram Five Fingers, if you have them, are also approved. No athletic shoes with padding (or other shoes that elevate the heel) will be allowed—no exceptions.

### What you will learn in this class:

- A solid foundation to Russian kettlebell exercise principles.
- How to use the kettlebell safely while maximizing performance.
- The most fundamental kettlebell exercises—all that 99% of the general population needs for their strength and conditioning needs!
- Breathing and proper tension techniques
- How to structure your own kettlebell workout



**For more information concerning the class, call the Civic Center at (931) 473-1212 or John Howlett at (931) 273-6139.**

**If you would like to learn more about kettlebells, visit John's website**

**[www.southeasternkettlebellclub.com](http://www.southeasternkettlebellclub.com)**

**"Kettlebells are like weightlifting times ten...**

**If I could've met Pavel in the early '80s, I might've won two gold medals. I'm serious."**

**-- Olympic Silver Medalist in Greco-Roman Wrestling Dennis Koslowski, D.C., RKC.**