



## Kettlebells at the Chanhassen Rec Center!!

Thank you for your interest in our kettlebell training class being offered at the Chanhassen Community Center. Below you will find important class requirements along with some interesting history and facts about kettlebells.

My goal as your instructor is to teach you a completely safe and very effective set of kettlebell exercises that will deliver the results you are looking for. Kettlebells will deliver functional fitness – total body strength, conditioning, and flexibility. We will also cover joint mobility, breathing techniques, and flexibility exercises.

Kettlebells are not a fad or a gimmick. They have been around for at least 300 years. They only recently have become known in America and their popularity continues to explode due to their effectiveness. Men and women of all ages train with kettlebells.

### **Class requirements:**

1. ***Student must bring a kettlebell to class.*** My recommendation is the Russian Kettlebell offered by DragonDoor. Ordering information will be supplied upon request. I can pick these kettlebells up locally and bring them to the first class. I strongly advise you not purchase kettlebells offered at sporting goods stores and chain retailers. The dimensions and quality of these kettlebells are sub-standard. Kettlebell weight recommendations are included below. Feel free to contact me with questions.
2. ***Shoes*** – Students may train bare-footed or with a flat-bottomed, minimally cushioned shoe. **Absolutely no running or cross training shoes are allowed.** Recommended shoes are Converse All-Stars(also called Chuck Taylors), Vibram FiveFingers, Vivo barefoot, ASICS Matflex, etc..
3. **Ability to participate in physical activity** – You will be participating in physical activity that at times will be strenuous. If you have any questions as to whether you should participate in kettlebell training, please check with your doctor.
4. **Have fun, be safe, get fit !**

### **What is a ‘kettlebell’?**

A ‘kettlebell’ or *girya* (Russ.) is a traditional Russian cast iron weight that looks like a cannonball with a handle. As the 1986 Soviet *Weightlifting Yearbook* put it, “It is hard to find a sport that has deeper roots in the history of our people than kettlebell lifting.” So popular were kettlebells in Tsarist Russia that any strongman or weightlifter was referred to as a *girevik*, or ‘a kettlebell man.’ “Not a single sport develops our muscular strength and bodies as well as kettlebell athletics,” wrote Ludvig Chaplinskiy in Russian magazine *Hercules* in 1913. 📖 In the Soviet times weightlifting legends such as Vlasov, Zhabotinskiy, and Alexeyev, started their Olympic careers with kettlebells. Yuri Vlasov who defeated mighty Paul Anderson once interrupted an interview he was giving to a Western journalist and proceeded to press a pair of kettlebells. “A wonderful exercise,” commented the world champion lifter. “. . . It is hard to find an exercise better suited for developing strength and flexibility simultaneously.” 📖 The Russian Special Forces personnel owe much of their wiry strength, lethal agility, and never-quitting stamina to kettlebells. *Soldier, Be Strong!*, the official Soviet armed forces strength training manual pronounced kettlebell drills to be “one of the most effective means of strength development” representing “a new era in the development of human strength-potential.”



## Who uses kettlebells in the United States?

The extreme kettlebell workout would have remained the exclusive domain of Russian spec ops, had former *Spetsnaz* instructor **Pavel** not immigrated to the U.S. The elite of the U.S. military and law enforcement instantly recognized the power of the Russian kettlebell, ruggedly simple and deadly effective. 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**. 📌 Once the Russian kettlebell became a hit among those whose life depends on their strength and conditioning, it took off among people from all walks of life: martial artists, athletes, and regular tough guys. There is no stopping the Russian kettlebell invasion. *Men's Journal* called it 'a workout with balls.' *Rolling Stone* pronounced Pavel 'The Hot Trainer of the Year' and his Russian kettlebell 'The Hot Weight of the Year.' "Resistance is futile. You will be assimilated."



## Kettlebells deliver extreme all around fitness

Voropayev (1983) observed two groups of subjects over a period of a few years and tested them with a standard battery of armed forces PT tests: pullups, a standing broad jump, a 100m sprint, and a 1k run. The control group followed a typical university physical 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! 📌 Researchers at the Lesgaft Physical Culture Institute in Leningrad (Vinogradov & Lukyanov, 1986) found a very high correlation between the results posted in a kettlebell lifting competition and a great range of dissimilar tests: strength, measured with the three powerlifts and grip strength; strength endurance, measured with pullups and parallel bar dips; general endurance, determined by a 1000 meter run; and work capacity and balance, measured with special tests! 📌 Shevtsova (1993) discovered that kettlebell training lowers the heart rate and the blood pressure. 📌 Gomonov (1998) concluded that "Exercises with kettlebells enable one to quickly build strength, endurance, achieve a balanced development of all muscle groups, fix particular deficiencies of build, and they also promote health." Most methods that claim 'all around fitness' deliver no more than compromises. Accept no compromises – choose the Russian kettlebell!



## The kettlebell body

Russian kettlebells are not for Kens and Barbies who want to look like 'a collection of body parts.' K-bells forge doers' physiques along the lines of antique statues: broad shoulders with just a hint of pecs, back muscles standing out in bold relief, wiry arms, rugged forearms, a cut midsection, and strong legs without a hint of squat-induced chafing. Kettlebells melt fat without the dishonor of dieting or aerobics; losing 1% of bodyfat a week for weeks is not uncommon. If you are overweight, you will lean out. If you are skinny, you will get built up. According to Voropayev (1997) who studied top Russian gireviks, 21.2% increased their bodyweight since taking up kettlebelling and 21.2% (the exact same percentage, not a typo), mostly heavyweights, decreased it. The Russian kettlebell is a powerful tool for fixing your body comp, whichever way it needs fixing.



## What kettlebell size is right for me?

**RECOMMENDED KETTLEBELLS** come in 9, 18, 26, 35, 53, 70, and 88-pounders, designed in Russia and made with pride in the USA. Kettlebells were designed to give you a super workout with just one or two fixed weights. An average man should start with a 35-pounder. It does not sound like a lot but believe it; it feels a lot heavier than it should! Most men will eventually progress to a 53-pounder, the standard issue size in the Russian military. Although available in most units, 70-pounders are used only by few advanced guys and in elite competitions. 88-pounders are for mutants. An average woman should start with an 18-pounder. A strong woman may use a 26-pounder.

\*\*\*Pavel Tsatsouline (born Aug. 23, 1969 in Minsk, USSR) is a fitness instructor and a nationally ranked kettlebell competitor in the former Soviet Union. He is involved with the evolving field of martial arts fitness and is a major proponent of the traditional Russian fitness tool, the kettlebell, as an exercise and strengthening tool. Tsatsouline was a physical training instructor for the Soviet Special Forces. He has trained personnel from the U.S. Army, U.S. Marine Corps, the National Nuclear Security Administration / U.S. Department of Energy, and the US Secret Service. Pavel is the Chief RKC Instructor and the author of many books and DVD's on kettlebells, strength, conditioning, flexibility, and joint mobility.

**My RKC certification was taught by Pavel and his Master and Senior instructors.**

Contact Tom Heafey - RKC at: [tom.kettlebells@gmail.com](mailto:tom.kettlebells@gmail.com)

**To register:**

**Online:** [www.ci.chanhassen.mn.us](http://www.ci.chanhassen.mn.us)

**In person:** Chanhassen Recreation Center

**By phone:** 952-227-1400

Code: 4094.114                      Tues/Thurs 5:30-6:30pm    Sept. 15-Oct. 15  
 Chanhassen Rec Center        \$100 Residents/\$110 Non-residents  
 Registration Deadline:        September 10, 2009

\*\*\*Participants must bring own Kettlebell. They are available at sporting goods stores or thru the form below. Email to the instructor: [tom.kettlebells@gmail.com](mailto:tom.kettlebells@gmail.com)

Kilograms	Pounds	Quantity	Cost/Each	Tax 6.75%	Total
4.5	=	10	\$47.00	+	
6.4	=	14	\$55.00	+	
8	=	18	\$63.00	+	
12	=	26	\$73.00	+	
16	=	35	\$79.95	+	
20	=	44	\$87.95	+	
24	=	53	\$96.95	+	
28	=	62	\$114.95	+	
32	=	70	\$123.95	+	
36	=	79	\$140.95	+	
40	=	88	\$158.95	+	
44	=	97	\$199.95	+	
48	=	106	\$218.95	+	
				<b>Grand Total</b>	

**Notes: Most Common size selections for Novice Kettlebellers:**  
**Women - 8kg for women under 110lbs, 12kb over 110lbs**  
**Men - average strength - 16kg, above average - 20kg, very strong- 24kg**

If you have questions about what size to select, please write me at:  
[tom.kettlebells@gmail.com](mailto:tom.kettlebells@gmail.com)