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[Phil Ross trains the US Navy SEALs](#)

## Navy SEALs: The Strongest Get Stronger



Master Phil Ross executing an Dual Bell, One Handed Swing.

2009-04-09 07:16:44 - Virginia Beach, VA. Damn Neck Naval Base. The US Navy SEALs were looking to improve their overall strength, conditioning, durability, flexibility and functional movement. The program needed to address the pre-deployment fitness and strength development as well as a means to maintain conditioning and release stress while the SEALs are in theater.

The SEALs enlisted the world's foremost authority on Russian [Kettlebell training](#), Master of the Kettlebell – Pavel Tsatoline. Pavel recruited Bergen County's own Kettle King, Phil Ross to serve as an instructor for the 2 day, 21 hour workshop and certification.

The Strongest Get Stronger:

The explosive strength developed by proper Hard Style Kettlebell training is second to none. The US Navy SEALs know that the one [tool](#) that will enable them to improve their speed, strength, mobility

and durability is the Kettlebell. But it is not simply the kettlebell as a tool, but the training methodology that revolves around the RKC System. Injuries are commonplace in battlefield as they are in the athletic field. As with athletes, SEALs must improve and increase in their "off season" and maintain their conditioning without "burning out" during an active period. The Kettlebell provides that answer.

Proper cycling of the intensity, duration and [exercise](#) grouping is essential to a successful training regiment. The SEALs were instructed not only how to perform their movements with correct form, but how to implement the cycling of power, conditioning and flexibility enhancing movements to keep them healthy during engagements and enable them to retire with significantly reduced debilitating injuries due to the demands of their job and training.

The SEALs were instructed on how to teach the proper movements and were amazed at how much there was to learn with the basic RKC Kettlebell movements: swing, goblet squats, front squats, snatch, press, Turkish Get Up and the clean. Proper guidance, positioning, safety and technique are crucial to maximizing the effectiveness of kettlebell training while increasing one's durability and preventing injuries. Kettlebell training is ballistic and must be done under the supervision of a properly trained instructor.

Master Phil Ross, a Level 2 RKC Certified Instructor demonstrated how kettlebell training can improve speed and power in both punching, kicking and throwing your opponent. Striking an opponent is a life or death matter for a Navy SEAL. Master Ross also "smoked" the SEALs at the end of the two day training session with one of his "6 Minutes of Hell" workouts. As Ross' daughter, an avid Girevik (kettlebell lifter) and high school track athlete exclaimed with a smile: "Now the Navy SEALs will hate you too."

RKC Kettlebell classes, workshops and private sessions are run at Ross' Ho Ho Kus, NJ Studio daily. His highly acclaimed DVD – Advanced Russian Kettlebell Workout, is on the BayView [Entertainment](#) label and available at [www.philross.com](http://www.philross.com) or [www.dragondoor.com](http://www.dragondoor.com) as well as many other retail and [online stores](#).

Ross states that "You don't have to be a Navy SEAL to enjoy the benefits of Kettlebell training." His clients and athletes range from the ages of 10 to 70+. The therapeutic application of kettlebells is far reaching. For additional information on kettlebell training, workshops or [videos call](#) 201.612.1429 or visit [www.philross.com](http://www.philross.com)

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