

American Eagle MMA & Kettlebell Club

Athlete Development System



***Russian Kettlebells, Mixed Martial Arts Training,
Explosive Power Development.***

**These are NOT simply fads, but proven methods
for the Development of Superior Athletes.**

**Tennessee Titans, Boston Celtics, Kansas State
Gymnastics, Alabama Crimson Tide & Many More!**

**Training System Designed by
Master Instructor: Phil Ross**

- *7th Degree Black Belt*
- *RKC Level 2 Instructor*
- *S.A.V.E. Creator*
- *Training Video Star*
- *High School Wrestling Coach*



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**Due to the Nature of this Specialized Method of
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