

Russian Kettlebell Workshops

Beginner - Saturday, March 28th 2 - 5 PM

Int. & Adv. - Sunday, March 29th, 10 - 2PM



Beginner Course

*Kettlebell Basics, Safety,
Swings, Snatch, TGU,
Squats, Presses, Cleans & More.
\$95 Pre-registered
(Before 3/23, \$110 after).*

Intermediate & Advanced

*Mid and High Level Techniques,
Training Strategies & Philosophy.
V02 Max, Dual KB's, Circuits,
4x8's, Specialty Lifts & MUCH
More. \$150 Pre-registered.
(Before 3/23, \$175 after).*

Master Phil Ross

RKC Level 2

Certified Instructor

Star of Advanced Russian

Kettlebell Workout Video

*Note: Must have RKC Level 1 Cert or
have taken our Level 1 Training.*

*\$200 Pre-registered for Both
And \$225 after 3/23/09.*

American Eagle Martial Arts &

X-cel Fitness Professionals

500 Barnett Place, Ho-Ho-Kus