



PRESS RELEASE  
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For Immediate Release  
Contact Katey Legg  
(804) 693-2355

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**Free Russian Kettlebell workshop on Saturday, May 16 at 10:00 am at Gloucester Point Beach Park.** Michael George, a Russian Kettlebell Challenge certified instructor, will teach basic drills and demonstrate the benefits of kettlebell training for weight loss, strength and conditioning. Learn more about this new fitness trend at [www.RiversideKettlebells.com](http://www.RiversideKettlebells.com).

Reserve your spot by contacting instructor: 693-0226; [mikegeorge@copper.net](mailto:mikegeorge@copper.net);  
[www.RiversideKettlebells.com](http://www.RiversideKettlebells.com)

Until recently, the Russian kettlebell was only known among elite athletes and special military units. Men and women of all ages can save time with this old-fashioned, compact tool because it combines cardio, functional strength and flexibility training all in a single brief workout. Gloucester Parks, Recreation & Tourism has sessions available for registration, but if you want to find out what it's all about first, take this free preview workshop.

Workshop highlights include:

Why the kettlebell swing is the most effective exercise for weight loss.

Why real life movements should be the main focus of any exercise program.

Why chiropractors are prescribing kettlebell training for low back pain, rotator cuff injuries, tendonitis, and other injuries.

Why professional athletes are relying on kettlebells today.

This is a chance for the public to experience why the Russian Kettlebell is among the top ten fitness trends of 2009 according to the American Counsel on Exercise.

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