



SportPerformanceInstitute

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Kettlebells

What is a kettlebell?

A kettlebell is a bowling ball with a handle coming out of it, the unique design places the weight off-center, requiring proper form, total body strength, mental focus and core stabilization.

Why train with kettlebells?

Because they train for all-around fitness. Kettlebells offer a unique way of training that develops strength, flexibility and cardiovascular endurance all at the same time, which makes it a more efficient way of achieving desired fitness goals. Training the body as a whole, to work as a cohesive unit, has added benefits when compared to isolation exercises, by maximizing fat loss while optimizing lean muscle.

What are the benefits of kettlebells?

- Strength
- Endurance
- Flexibility
- Coordination
- Symmetrical body
- Fat-Loss
- Injury prevention and recovery
- Core Strength

Can I use kettlebells?

Kettlebells are a great addition to any fitness program, whether it's general fitness, sport specific or to eliminate stubborn body fat. The benefits of kettlebells are seen by MMA fighters, NFL players, FBI, the armed forces and elite special forces, and recently, numerous Hollywood celebrities in search of a fit body in a short period of time.

What is RKC?

RKC is the gold standard in kettlebell instruction, developed by Pavel Tsatsouline a major influence in bringing the kettlebell to America from Russia. When we talk about RKC we speak of strength and how we teach strength, the kettlebell is the most efficient tool to teach our philosophy of strength and endurance.

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