



Kettlebell Strength and Conditioning



Please note these videos are intended to give you the "experience" of working out with an Iron Core instructor. We don't use fancy production. Also, don't be fooled by running time. Most instructors cut out unnecessary warm up and cool downs so you get worked hard in the shortest amount of time. Enjoy!

IMPORTANT:

You'll need the free QuickTime Player to view the videos. If you don't have the player installed in your computer, you can download it [here](#) or at <http://www.apple.com/quicktime/download/>

After your order is complete, you will be directed to a page to download the video. **Each download must be purchased individually in order to be directed to a page to download the video.**

If you want to save the video to a DVD, you must have a program to do so. QuickTime Pro is the most popular. Or for an extra \$5, you can order a DVD of the video, delivered to you by mail (option available from your shopping cart).

All videos are non-refundable.



KETTLEBELL STRENGTH
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