

# TOTAL RKC PREP PROGRAM

The infamous RKC is a demanding physical and mental challenge, and many don't pass. Iron Core is offering a comprehensive course to get you ready!

Don't miss this rare opportunity to be trained by Brett Jones, Master RKC from Dragon Door.

## What you can expect:

- Discover how to teach kettlebells the proper way.
- Learn how to correct form and refine your own technique.
- Quickly pinpoint and correct the most difficult form issues.
- How to design programs for groups and individuals.
- Total physical and mental preparation for the RKC, including hi-rep snatch training.



KETTLEBELL STRENGTH AND CONDITIONING



WITH

**BRETT JONES**  
**MASTER RKC, CSCS**

"Where do I think those preparing on their own for the RKC make the biggest mistake? Too much emphasis on the snatch test and not preparing for the three 8 plus hour days of hard work."

- Brett Jones, CSCS, Master RKC

**July 11th & 12th**  
**9:30am - 5pm**

2950 Garnet Ave.  
San Diego, CA 92109 **Cost: \$347**

Please call 858-551-2673  
to register

[WWW.IRONCOREKETTLEBELLS.COM](http://WWW.IRONCOREKETTLEBELLS.COM)