

# Cannonball with a handle will pump you up

## Kettlebells workout spreading from La Jolla to North County

By Angela Holman

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**NORTH COUNTY** — Hollywood stars like Jennifer Lopez, Penelope Cruz, Kim Cattrall and Sylvester Stallone do Kettlebell training to get their amazing bodies, and the trend has reached San Diego County.

Last October, Sarah Lurie opened Iron Core studio in La Jolla. It is the only fitness facility in the state that offers Kettlebell training classes and personal training by fully certified Kettlebell instructors.

Lurie, a former body-building competitor, said she became a certified Kettlebell instructor in June 2004 because she saw the value of Kettlebell training and decided to put a program together that offered people the best results.

A Kettlebell is a weight that looks like a cannonball with a handle and can weigh anywhere from 9 to 88 pounds. Kettlebells is an ancient training regimen that originated more than 100 years ago in Russia. It entails using different positions while lifting and swinging a Kettlebell.

Lurie said Kettlebell training is different than other workouts because it utilizes all of a person's core muscles to build functional muscular strength by mimicking movements used in daily life.

"It's completely different because you're moving your body as a unit, it's not isolated training," Lurie said. "You're using your entire body for movement, it's strength and cardiovascular [training] at once."

She said women who begin the program usually start out with a Kettlebell that weighs between 18 and 26 pounds, and men start out with one that weighs between 26 and 36 pounds.

"When you're using your whole body to move the Kettlebell ... you can use a lot more weight," Lurie said. "It's really functional movement that gets you strong and healthy for everyday life."

She said Kettlebell training burns more fat and calories than other workouts because of the way people move when they do the training. It gets their heart-beat up quickly, so it increases their metabolism, Lurie said.

Though Iron Core is in La Jolla, North County residents are doing the fitness program and they love it.

Lurie said most of her North County clients don't want to drive to Iron Core three times a week, so she does an initial five-hour workshop with them, gives them notes on technique and form, writes them a personalized program they can do at home and follows up with them



Iron Core Studio photo

Sarah Lurie opened her Iron Core studio in October. It is the only fitness facility in the state that offers classes and personal training by fully certified Kettlebell instructors.

every month to ensure they are doing the workout correctly.

Carlsbad resident Simi Balter, 36, saw Lurie on the news and immediately became interested in the fitness program.

"I said 'Oh my gosh, I want to

look like her.' She [looks] amazing," Balter said.

Balter went to Iron Core and did a one-on-one training with Lurie and immediately became addicted to the workout. She does it at home three times a

week and goes to Iron Core twice a month to do workouts with Lurie.

"The training itself is just fantastic. If I lived closer I'd be there every day," Balter said. "Sarah is just fantastic. ... You can tell she cares about the client. ... She seems very interested in helping you accomplish your goals."

Vista resident Marina Lemond, 48, is also doing a personalized Kettlebell workout Lurie designed for her to do at home and at the gym. Though she's only been doing it for three weeks, Lemond said she already has more endurance and plans to become a certified Kettlebell instructor in October.

"I think it's that great," Lemond said. "There's nothing I don't like about it."

Oceanside resident Donna Sweet, 50, also thinks it's excellent. "It's amazing the amount of energy you put into it and you really do notice a difference," Sweet said. "You will lose weight, you will lose inches and you will get definition."

Lurie said she gets a lot of calls from people who live in North County and are interested in the workout.

"I'm seriously looking in that area for another Iron Core because that's [where] the most interest I've had [has been from]," Lurie said.

For more information, visit [www.ironcorelajolla.com](http://www.ironcorelajolla.com).

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