

SAN DIEGO[®]

MAY 2005

Get FIT

Kettlebells Are Ringing

Good-bye, bicep curls. Hello, Turkish get-ups. The dynamic moves of this centuries-old Russian fitness regime are functional and intense. Using kettlebells—akin to cannonballs with suitcase handles—participants swing their way to a fitter self. The moves are cleverly labeled and exploit every muscle in the body. Motions are similar to gardening, flipping mattresses and picking up groceries. Intensity ranges from a yoga-style

workout to high-intensity, fat-burning, cardio workouts.

Sarah Lurie, owner and instructor of Iron Core, develops individual routines for use with the kettlebells. The body core is the main target, but hips, butts and thighs are targets, too.

858-551-2673; ironcorelajolla.com.

—DEBBIE HATCH

122 SAN DIEGO MAGAZINE | MAY 2005

**San Diego in Crisis —
Is the City Going Bankrupt?**

**Preserving Paradise III:
Power, Pollution & Philanthropy**

**Travels Goes to Vegas
for Sin City's Centennial**

\$3.95



sandiegomag.com