

## Will 2006 Be The Year Of Kettlebells Training?

Kettlebells won't hold water and don't make music. Instead, imagine weights the size of a cannonball with a handle attached. Lifting kettlebells provides a superior cardio and weight training experience, says Sarah Lurie, operator of Iron Core kettlebell training studio in Bird Rock.

In 2006, Lurie will promote kettlebell awareness by branching out into video sales.

More than 100 students signed up for either one-on-one or group training. Lurie says kettlebells, which date back to 18th century Russia, differ from traditional weights in that the kettlebell lift is a dynamic, full body workout, distinguished from traditional weight training that iso-



*Sarah Lurie*

lates a muscle or region. Typically, a man will lift 16 kilos, roughly 36 pounds on each arm, while a woman lifts 8 kilos or about 18 pounds.

"You use your entire body to move the weight," Lurie says. "You get very strong in your core (everyplace but the arms and legs). Your body moves three dimensionally, so it doesn't make sense to train the body in (muscle) isolation."

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