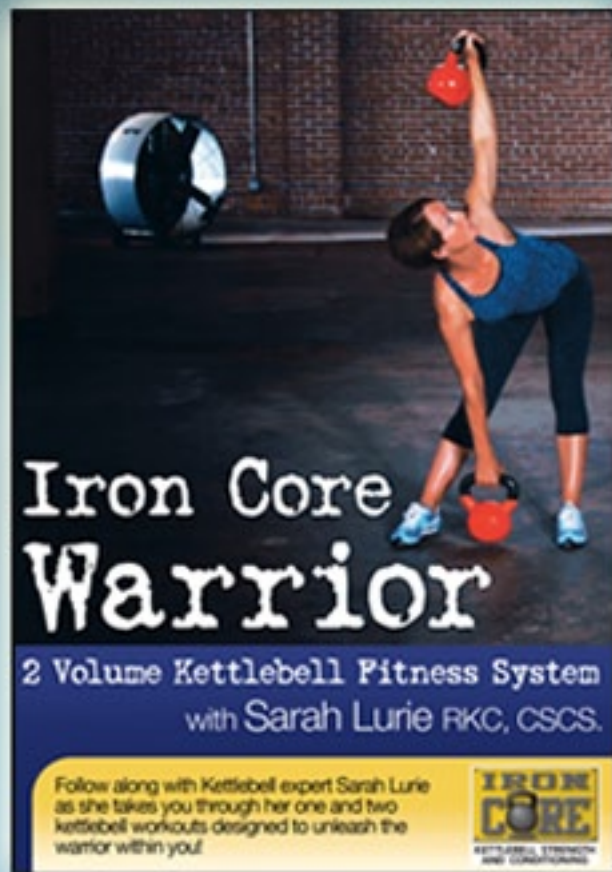




KETTLEBELL STRENGTH AND CONDITIONING

Winter 2010



Iron Core Warrior

2 Volume Kettlebell Fitness System with Sarah Lurie RKC, CSCS.

Follow along with Kettlebell expert Sarah Lurie as she takes you through her one and two kettlebell workouts designed to unleash the warrior within you!



From Sarah Lurie, creator of the bestselling "Kettlebells the Iron Core Way" DVDs and author of "Kettlebells for Dummies"

Iron Core Warrior

2 Volume Kettlebell Fitness System

Iron Core Warrior is a comprehensive Kettlebell fitness program created by Sarah Lurie, one of the nation's most well known Kettlebell fitness expert and founder of Iron Core Kettlebell Strength and Conditioning.

Volume 1 is a single kettlebell workout and Volume 2 is a double-kettlebell workout. Each volume is 30 minutes in length, and is designed for the intermediate to advanced kettlebell student.

"...if you love circuits like I do, you will love this format! If you're looking to increase your endurance and cardiovascular strength, Iron Core Warrior will do that!" - Eileen M. Kopicz

Available at: www.ironcorekettlebells.com/shop

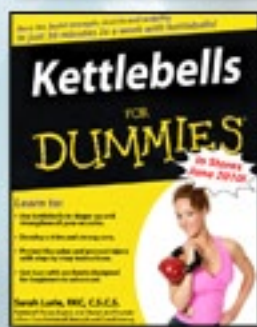
Kettlebell Exercises included in this DVD program:

- Swing
- Dynamic Lunge and Press
- Renegade Rows
- Clean and Press
- 1 and 2 Kettlebell Snatches
- ...and many more!



"...so they were burning at least 20.2 calories per minute, which is off the charts. That's equivalent to running a 6-minute mile pace. The only other thing I could find that burns that many calories is cross-country skiing up hill at a fast pace."

>> [READ MORE](#)



Kettlebells for Dummies

In stores June 2010.

Pre-Order Today on Amazon.com



Get Started with the Iron Core Program!

Follow us on:

[You Tube](#) [facebook](#) [twitter](#)

KETTLEBELL STRENGTH AND CONDITIONING

2071 Garnet Ave. | San Diego, CA 92109 | 858.551.2673
www.ironcorekettlebells.com | sarah@ironcorekettlebells.com



www.ironcorekettlebells.com