



KETTLEBELL STRENGTH AND CONDITIONING

Spring 2010

COMING SOON!



Iron Core is proud to announce the opening of our newest location at World Gym in Vista! **Pre-selling memberships now!**

Iron Core North County is located at: **2128 Thibodo Court, Vista, CA 92081**

Visit www.ironcorekettlebells.com/locations for the latest information about Iron Core North County!

NORTH COUNTY AT WORLD GYM VISTA



WHAT ARE THE BENEFITS OF BAREFOOT-STYLE SHOES?

This provides the potential for greater explosiveness, improved coordination and less musculoskeletal pain, says Jay Dicharry, M.P.T., C.S.C.S., director of University of Virginia's motion analysis lab and center for endurance sport. Here's why: Because they have flat and flexible soles, barefoot-style shoes have a more natural shape, which is the position your foot is in your body with one foot on the ground and the other foot on the ground. The more naturally you move, the more efficiently and quickly you can move.

Why go barefoot when working out with Kettlebells?

"...potential for greater explosiveness, improved coordination, and less musculoskeletal pain," says Jay Dicharry, M.P.T., C.S.C.S..."

"Your muscles fire faster and you have improved stability," says Dicharry. **READ MORE >>**



Iron Core Bootcamp

with Sarah Lurie, RKC, C.S.C.S.

Sarah's latest workout DVD, "Iron Core Boot Camp" is an all-kettlebell, 25-minute blast!

Available now! Shop online at: www.ironcorekettlebells.com/shop



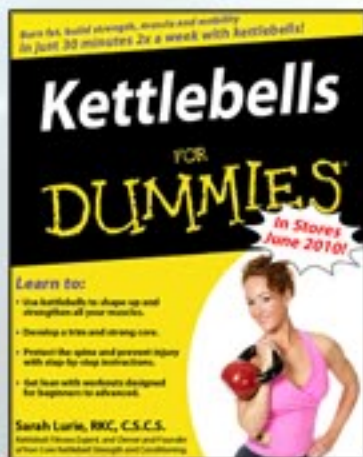
Iron Core Warrior

2 Volume Kettlebell Fitness System with Sarah Lurie, RKC, C.S.C.S.

Iron Core Warrior Available Now!

"...definitely more intense than Sarah's previous Iron Cores, 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

www.ironcorekettlebells.com/shop



Kettlebells For Dummies is a definitive guide to Kettlebell Exercise written for everyone, beginner and enthusiast alike!

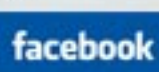
Pre-Order yours today at Amazon.com!

Ships June 28th, 2010!



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