

Ring My Bell

Russia's weightlifters and military elites have been training with kettlebells for centuries, but the unique all-body-workout tool has just recently been making an impact in the United States. A weighted ball with a thick handle, the kettlebell utilizes a wide range of muscles at one time since it relies heavily on swinging the ball over and around the body.

"It's great for girls because it tightens the legs and backside but doesn't bulk you up," says Sarah Lurie, owner of Iron Core. "Movements are dynamic and ballistic, not static like traditional weight training, so it works out your entire body as a unit, as opposed to isolating single areas."

After a mere 15 minutes of swinging the little cannonball with a handle, I was thoroughly exhausted. What struck me the most was that not only are the results fast and impressive — you will feel the burn almost immediately — but the entire regime is much more fun than lifting weights. (858/551-2673, www.ironcorelajolla.com) — Ryan Thomas

