

Kettlebell

WORKSHOP



Sunday, April 3rd

7:45a Registration & Foam Roll

8:00a Workshop begins



Learn proper Kettlebell techniques & take your workout to the next level!
First of a 4 part Learn-By-Doing Ask the Expert Series!

We have allotted 3 hours for this workshop to maximize participant learning opportunities. This is a hands-on Learn-By-Doing, so come ready to work and sweat! There will be a short intermission to refuel and foam roll.

In this session you will learn:

- Anatomy of the Kettlebell
- Terminology of the Kettlebell
- Best gripping techniques for different exercises
- How to ground your center of mass - Rooting
- Basic shoulder anatomy & how to protect yourself against injury
- Detailed form on the Basic Swing variations & Kettlebell Clean

FREE for Evolution Fitness Members  **\$30 for Non-Members**

Call 856-751-1300 to register!

Stay tuned for more information and dates for next series
installment in the Learn-By-Doing Ask the Expert Series!

Next series-(Review) Basics of Swing and Clean, Snatch, hinging and OH press techniques



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