

Kettlebell Fitness Training at Quinton Village Hall

A kettlebell looks like a cannon ball with a handle and is a traditional Russian training tool that has been used for hundreds of years to develop full body conditioning and fitness. Kettlebell training will cut your exercise time in half and is also useful for anybody wanting to increase their explosiveness for sport and combat purposes. Discover how you can dramatically increase your energy levels, improve your body mechanics, strength, flexibility and sharpen your mental toughness, whilst experiencing rapid fat loss as a nice side benefit.... all with a single piece of exercise equipment no bigger than a bowling ball. Say goodbye to expensive, cumbersome home gym contraptions and get ready to take your fitness to a whole new level.

- Suitable for all - 16 years & over

Use of Pro-Kettlebells during lessons

Nutrition advice to support training

- FREE initial no-obligation workshop at Quinton Village Hall

How: Please register by email: mike@kickassfitnessuk.com or tel:Mobile: 07754 569353 or Home 01789 720176

Trainer: Mike Eves; Warwickshire's Only International Kettlebell and Fitness Federation Kettlebell Teacher, trained and certified by World renowned kettlebell expert Steve Cotter.