

Health Topic of the Month - April 2011

Kettlebells

Kettlebells are enjoying an upsurge in popularity of late which we're really excited about. Kettlebells are great for:

A Full Body Workout

The kettlebell basics focus around three core lifts - the swing, the snatch and the clean and jerk. What links all these drills together is that they force the body to work as an integral unit. Power is generated from the legs, driven through the hips and expressed through the arms. Every single muscle is brought into play and every single muscle is worked hard which leaves you with a great total body tone as well as burning hundreds of calories per workout, so it's great for weight loss. Ladies you may be thinking this all sounds a bit "Hardcore" but trust me when I say that it's fun, easy and will tone up those squidgy bits in no time.

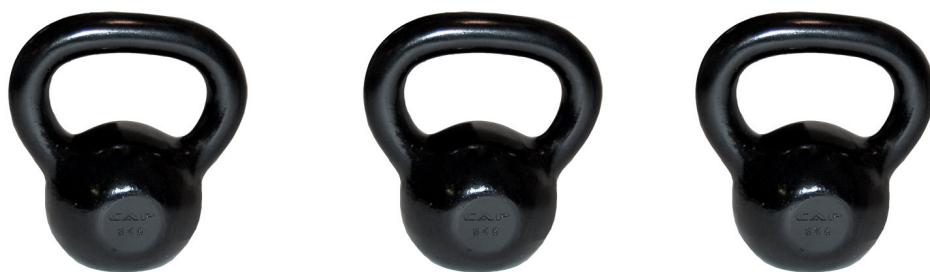
Legs, Bum & Tum

Your leg and bum muscles are some of the strongest and largest muscles in the body. Kettlebell drills really work these areas as well as the abdominal and back areas.

Burn Calories

Kettlebell training drives your body into the anaerobic zone, which refers to an elevated rate of oxygen intake which occurs whilst the body is recovering and being restored to a resting state. So burn calories both during and after exercising. That's another great reason why kettlebells are so effective for fat loss.

Try Kettlebells today - we're sure you'll love them as much as we do!



stmichael's
spa
health club