

## **What's the deal with Kettlebells?**

You've been hearing a lot about Kettlebells here at Synergy Fitness & you may be wondering what the heck they are. Simply put, a Kettlebell is a cast iron weight that looks like a cannonball with a handle. The Kettlebell's center of mass is extended beyond the hand, allowing for swinging movements that are not possible with a traditional dumbbell. Kettlebell training provides the potential for developing extreme all around fitness.

Many traditional dumbbell & barbell exercises can be performed more efficiently with the Kettlebell. The Kettlebell's offset center of gravity allows for safe acceleration on the downward phase of several exercises, including swings, snatches, & dead lifts. Dumbbells & barbells do not swing in this manner & require greater weight to generate the same force as the lighter Kettlebell. Increasing research is beginning to show that this type of forceful acceleration is extremely effective, safe, & efficient at improving dynamic strength, various types of endurance, & body composition.

Kettlebell training is beneficial for all types of people & fitness levels. The US Military, athletes, martial artists, US Navy Seals, & Force Recon Marines are among the elite benefiting from Kettlebell training.

To learn more about Kettlebell training, please feel free to contact me, schedule a private session, or stop by my Introductory Kettlebell class on Tuesdays at 8:30am.

Casey Clark, BS, CSCS, NSCA-CPT, RKC

860.874.3390

[cclark@synergyfitnessvt.com](mailto:cclark@synergyfitnessvt.com)