



Ultimate Kettlebell, INC. presents...
The LEVEL 1 - Introduction to KETTLEBELL TRAINING Certification Course

Sunday, October 24th, 2010 – 8:30a to 5p

ATTENTION Trainer's and Therapists: Want to DOMINATE your Competition! INCREASE your INCOME! Build a BIGGER Cliental Base? Take the first step and become CERTIFIED today by LEARNING and UNDERSTANDING the *secrets* of training with this "old school" fitness tool... *THE RUSSIAN KETTLEBELL*.

Come learn from two of the *best* in Coral Springs, FL... Master Instructor's - Aida Salas and Camilla Silva who have both been certified and teaching this *style* of training since 2007! We currently hold Level 1 and Level 2 - Master Certificate's in "traditional" Russian Kettlebell training and are experienced in both the *old school* and *modern* forms of this sport.

As part of this Level 1- Certification, Ultimate Kettlebell, INC. will teach you how to properly train and instruct your clients in LESS Time, Help them Burn MORE Calories and Build MORE Muscle in "one" SOLID workout! We will give you a *crash* course in The History of Russian Kettlebells, Teach you proper Form & Techniques on how to use key "HARDSTYLE" Russian Kettlebell drills that will help improve "all" of your clients TOTAL BODY - Strength, Endurance, Conditioning and Core IMMEDIATELY!

LOCATION: This event will take place on Sunday, October 24th (8:30a to 5p) at FUSION FITNESS & YOGA, INC.: 10000 West Sample Road, Coral Springs, FL 33065-3936. Please call Debbie Wolff @ (954) 345-9642 or visit: www.fusion-fitness-yoga.com for directions to this event.

COST: The cost for this event is \$299 per person. There is a \$50 EARLY BIRD registration discount offered to those who register 30 days prior to the course date! Refer a friend and receive an additional \$10 discount towards your payment.

PAYMENT(s): Please make checks payable to: Ultimate Kettlebell, Inc. Note: Checks ONLY please! Payments MUST be received and checks MUST be dated prior to September 17, 2010 in order to receive the "early bird" discount.

***Payments can be dropped off to either Debbie Wolff @ Fusion Fitness & Yoga, Inc. or mailed directly to: Ultimate Kettlebell, Inc., Attn: Aida Salas - 72 NW 45th Avenue, Deerfield Beach, FL 33442. SPACE IS LIMITED... so, don't wait to register!

*** PLEASE NOTE: There is a mandatory "10 Minute" *Snatch Challenge* practical portion of this certification. A minimum 10lb. Kettlebell or heavier must be used during this practical test (the appropriate weight will be selected for each participant by the Instructors hosting this event). Participants will be judged based on Technique, Form, Breathing and overall Performance & Presentation. The number of *Snatches* performed will counted and *documented* on each participant's certificate of completion.

***Please bring plenty of water and a light snack and/or lunch (if you do not plan to go out for lunch).