

Russian Kettlebells (SFG)

Kettlebell exercises are more ballistic in nature, and therefore, are great for power endurance and strength training.

Due to the more advanced level of training necessary to execute certain movements safely, Lisa utilizes her knowledge of proper form and technique to teach the prerequisite exercises, providing a strong base on which to develop the more dynamic movements.

She relies upon her studies of human anatomy and biomechanics to help prevent injury while executing the exercises.

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