

MISTY SHEARER is a two-time World Champion and holds her Master of Sport in the Longcycle and her Candidate for Master of Sport in the Biathlon. She has been teaching kettlebell lifting for seven years. She is also the WKC Head Coach for Canada.



MIKE CHOMITSCH is one of the first people in Canada to be RKC certified and has been training and teaching with kettlebells for five years. He is



also an avid follower of Christopher Sommer's Gymnastic Bodies program.

About The Foundry

The Foundry Athletic Training Center is quickly becoming the hub for kettlebells in Alberta and Western Canada. Since its inception in 2011, the Foundry has been featured on City TV's morning show, CTV2's Alberta Fitness Informer segment. The Foundry was recently recognized as a 2012 Top Performer in Martial Arts, Health and Fitness field by Member Solutions.

The Foundry is also one of only two gyms in Canada officially affiliated in the World Kettlebell Club.

REGISTER NOW

This workshop is the **first of its kind** with **TWO** instructors that have the combined kettlebell experience that no other instructors can offer you in Canada.

Do not put this off unless you are comfortable getting average or below average results from your training. Do yourself a favor and learn how to use kettlebells properly for **maximum results in the minimum amount of time.**

We have limited space. Reserve your spot while you still can!



Fundamentals 1 Workshop

Sunday, April 28, 2013 9am to 2pm

Register online, in-person or by phone

Registration - \$299.00

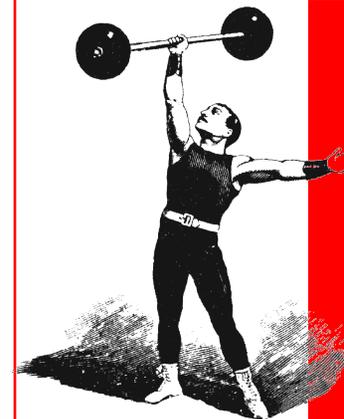
www.thefoundrytraining.com

780-469-5771

info@thefoundrytraining.com

4904-87st

Edmonton, AB



THE FOUNDRY
ATHLETIC TRAINING CENTER

KETTLEBELL

FUNDAMENTALS LEVEL I

WORKSHOP

APRIL 28 / 2013



The Foundry
4904-87 Street
Edmonton, AB

Tel: 780-469-5771
info@thefoundrytraining.com

Learn how to use kettlebells properly for maximum results in the minimum amount of time. Learn to stretch and regain your flexibility.

This is a Workshop, Not a Certification

Why? We chose to create a workshop and not a certification for a number of reasons. There are a number of faults with many certifications, and it's not necessary to have one to teach or use kettlebells effectively. Our emphasis is to teach a few progressive lifts, master and provide corrections for those lifts in order to correct mistakes and avoid injuries. In addition we will be teaching supplementary exercises/stretchches that will improve strength, flexibility and improve the lifts.

The Workshop is for Novices & Experts alike:

With an emphasis on fully mastering the basic kettlebell lifts, this workshop is suited for both the general fitness enthusiast and the trainer/fitness professional. All attendees regardless of experience or expertises will learn how to master these fundamental exercises. The workshop is designed to ensure that the participants learn, observe, practice and implement safe and effective kettlebell techniques.

"If you're serious about using kettlebells to get yourself or your clients into great shape and developing strength, flexibility, core strength, endurance and turning your body into a fat burning machine then this workshop is for you!"

Completion of this workshop will entitle you to challenge CECs through AFLCA and Can-Fit Pro.

What you will learn with Kettlebells:

The fundamental kettlebell lifts: the swing series and the different styles (fitness, hard and sport), the clean, and the press.

Common injuries and Common Causes

Importance of Hand Placement & Breathing

Common mistakes and how to correct them



What you will learn form Stretch Therapy:

Stretch Therapy *is a safe, yet extremely efficient, way to improve your flexibility.* It is a comprehensive system that includes stretching, fascial remodeling, strengthening, neural re-patterning, and relaxation.



The goals are grace and ease in the body, and this is experienced as enhanced awareness and elegance in movement.

ST is practiced by thousands of people worldwide, and is suitable for everyone, regardless of age or fitness level.

What you will learn with Body Line Holds:

Due to their dynamic and somewhat unpredictable nature, the kettlebell's movement throughout a lift places a strain on the core muscles. The core muscles are a reactionary muscle group and are forced to adjust to the bell's motion. The addition of certain gymnastic holds will dramatically increase core strength. This will provide assistance to not only kettlebell lifts, but also any other activity involving movement.

This Five hour workshop:

- Focuses on the fundamental kettlebell lifts
- Includes the three most beneficial stretches for kettlebell training
- Teaches the two most needed fundamental bodyweight strength exercises to strengthen your core and back
- Teaches proper breathing methods
- Involves personal instruction, verbal and visual teaching cues as well as lots of hands on practice
- Two instructors and a maximum of 12 participants
- Manual and video links for all the exercises, stretches and holds



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