

For Patients

Kettlebell Training Program



Looking for an effective fat burning + strength/conditioning workout? Kettlebell Training is awesome for that too! But you gotta have good form and know what you're doing.

We recently did a live video of our Beginners Kettlebell Foundations Workshop and it was very effective so we put together an at home program! The at home program is a combination of video demonstrations + instruction organized into sections: Hip Hinge, Deadlift, Swing, & Turkish Get Up to help you learn the basics of Kettlebell training. Once you've mastered the basics, you may even join our more advanced Kettlebell Core & Flow class. Click [HERE](#) to view a sample video of the class.

Here's a video demonstration of Victoria doing one of the most butchered exercises in Kettlebell Training: The Kettlebell Swing! In slow motion. Don't squat your swings! The 2nd video is a snippet of the workshop where Victoria talks about the Kettlebell swing.

Learn SKILLS and get a great work out! ****This is perfect for those looking for an at home program with QUALITY instruction and without getting HURT!**** . You **DON'T** need to be in good shape to start but you will **MOVE** and **FEEL** better after following this program. We take the best from different training systems and fuse them together to give you a safe and effective workout. The benefits of this program are:

- Maximize your Core Strength
- Improve Posture
- Improve Shoulder Stability
- Improve Hip Mobility
- Ease Back Pain
- Improve Sports Performance
- Run Faster and Stronger

****Train with THE ONLY RKC certified Kettlebell Instructor in San Ramon, PMA certified Pilates teacher and licensed Physical Therapist, Victoria Liu. She trains and certifies other personal trainers in SAFE and effective Kettlebell training.**

Private training with Victoria would normally cost \$275/session but this at home program is only \$50.

If you would like to purchase this at home Beginner Kettlebell Foundations program, click on the BUY NOW button below and specify Kettlebells so we know which program you are purchasing. You will also receive 25% off any future 1:1 coaching with Victoria with the purchase of the at home program.

