

# KETTLEBELLS THE IRON CORE WAY

Beat your fitness goals with this intensive Kettlebell workout combo!

## Synopsis:

Get inspired to push yourself to another level of fitness with a 2-part routine system developed by Kettlebell expert Sarah Lurie which has been touted as one of the most effective workouts for burning fat, building lean muscle, and achieving core strength!

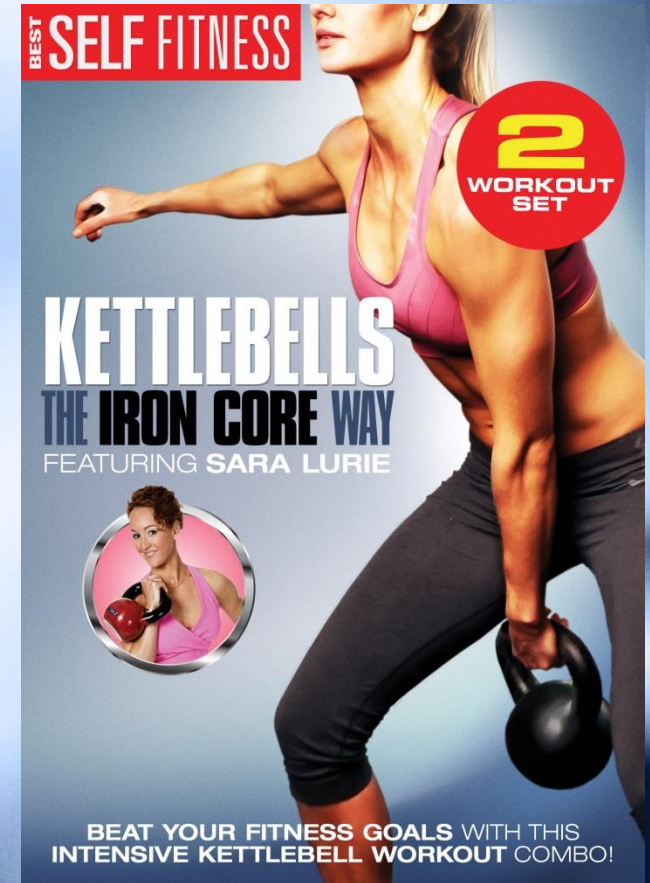
*Kettlebells the Iron Core Way* gives you everything you need to use Kettlebells to safely improve strength, endurance, flexibility, joint durability, agility, mobility, athletic movement, and proper body alignment. Whether you're in your teens, 20s, 30s, 40s, 60s and beyond, you'll discover how this fast-growing fitness phenomenon can boost your metabolism and help you lose weight by mastering numerous kettlebell exercises.

## Target Audience:

Ages 18+

## Notable Cast/Crew:

Sarah Lurie is a nationally recognized kettlebell fitness expert and has been featured in the New York Times, Wall Street Journal and Fitness, Oxygen, Women's Health, Reader's Digest and Newsweek Magazines. She has appeared on E! News, The Big Idea with Donnie Deutsch, Better Homes and Gardens TV, Home Shopping Network (HSN) and numerous local television fitness programs. Lurie is the author of *Kettlebells For Dummies* (Wiley Publishing, June 2010) and the co-creator of the Kettlebell Kit For Dummies.



Title	UPC	Item #	Format	Genre	SRP	Cost	Rating	Runtime	# Disc
Kettlebells the Iron Core Way - 2 Workout Set	683904510983	51098	DVD	Fitness	\$9.98	\$xx.xx	Not Rated	1 hr 50 min	1