

## WHY SHOULD I TRY KETTLEBELL TRAINING?

Do you sit at a desk all day? Do you experience aches in your back and neck? Do you wish you could move as naturally and fluidly as you did when you were a kid? Are you not getting the results you want from your current fitness routine?

Whether you are currently active, or just embarking on a fitness program, kettlebell training with a certified instructor can help restore your movement, redefine your body and make you feel strong every day!

Let a certified kettlebell instructor safely introduce you to the proper way to train with kettlebells.

Training with kettlebells can undo the improper movement patterns that the comforts of our modern lifestyle have forced our bodies to adapt. OUR BODIES WERE NOT MEANT TO SIT ALL DAY! Reactivate your posterior chain (all those muscles we sit on all day) with kettlebell training. The results will amaze you!

**Eileen Backman**  
FMS Certified Screener  
SFG Certified Kettlebell Instructor  
ACSM Certified Group Exercise Instructor



### Just Kettlebells

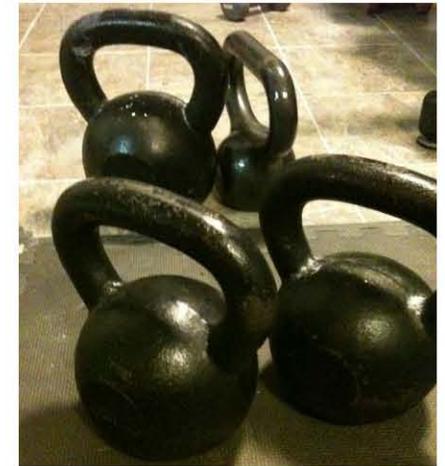
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**RESTORE YOUR POWER.**



## Restore Your Power with Just Kettlebells



**How Kettlebell  
Training will  
Restore Your Fitness  
--- for Life.**

## WHAT ARE THE BENEFITS OF KETTLEBELL TRAINING?

**There are so many ...**

- Improve your posture, your flexibility and your mobility.
- Build your strength!
- Teach your body to move as one unit – like it was designed to do.
- Undo the tension and aches from years of a sedentary lifestyle.
- Efficiency! A 20-30 minute session 3-4 times a week is all you need to see and feel REAL RESULTS.



## EMPOWERED.

That is how you feel when you swing a kettlebell. Strong and Powerful. And this feeling carries on long after the training session has ended.



Strength training with kettlebells is a journey. You trainer will meet you where you are -- usually that means starting with light bells. But quickly you will be performing feats of strength of which you did not believe you were capable.

Learn the skill of strength with kettlebells as your tool, and reap the rewards inside and outside of the gym.

## NO EXPERIENCE REQUIRED.

You do not need to know how to use kettlebells before you start working with a certified trainer.

You do not need experience in strength training or be at any particular level of fitness.

All you need is the desire to begin the journey to restore your power.

## WHY CAN'T I JUST PRACTICE ON MY OWN?

Movement quality is essential to reducing the risk of injury and getting the most out of your training.

A Certified Kettlebell Instructor will teach you the correct form and skills for each exercise, and constantly monitor your performance of the moves. This will ensure that you move well BEFORE you move often!



**Call today to find out if Kettlebell Training is Right for You!**

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