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Kettlebell **"SMART START"**

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KETTLEBELL INC.
KETTLEBELL GIVEAWAY!
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So, you're interested in kettlebell training. That's fantastic!

Working out with kettlebells has many benefits; it's fun, it will improve your flexibility, strength, cardio endurance, strength endurance and overall appearance. But here's the catch, there is a learning curve. It's important to take the time to learn and practice the subtle details of the lifts. Learning these details will speed up your results and reduce your risk of injury.

Whether you have been lifting weights most of your life or you are a true beginner to weight training, there is a lot for you to learn. For one thing the lingo, I'll provide some

basic information in this e-book to get you started.

This book includes 5 exercises pulled from my best selling kettlebell manual "Get in the Best Shape of Your Life". I have also included the corresponding video clips from the companion DVD "Kettlebell Basics". I've also thrown in the kettlebell basics chapter from the manual as well. The exercises are as follows; swings, cleans, military press, front squats and Turkish getup.

You will be able to practice these exercises with a dumbbell if you don't have a kettlebell, but they won't feel quite the same. Once you get the kettlebell you'll know what I mean.



Lisa Shaffer is a Dallas, TX based kettlebell instructor who has trained hundreds of clients throughout the country. She is the author of the best selling book and DVD "Get in the Best Shape of Your Life"

Let's Get Started—Kettlebell Basics

"The results you will get with training with a kettlebell far outweigh the time you spend learning."

The most important point of training properly with a kettlebell is learning how to generate power from your hips. What I'm talking about is the hip snap or some people call it a hip thrust (please see the kettlebell basics chapter). This is the first thing people tend to leave out. Learning how to generate power from your hips will protect your lower back. To practice this lock out and get the feel for it I'd like for you to start by doing some dead lifts.

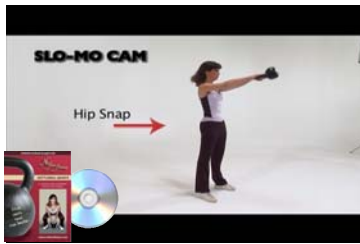
Place a kettlebell or dumbbell between your feet. Your feet should be about shoulder distance apart or whatever is most comfortable for you.

Just don't stand with your feet too close together or too far apart. Now push your glutes back and keep your head up, grasp your bell that is between your feet. Stand straight up and lock your hips out at the top. Hmm, what do I mean by locking your hips out? When you stand straight up squeeze your glutes hard and tighten your abs, at the same time flex your quads (the front of your thighs) hard as well. At first it takes some concentration. Your feet should remain flat on the floor at all times and you should not be leaning back. Your kettlebell will be hanging in front of you with your arms straight and shoulders down.

Perform 3 sets of 5 reps, just practicing the proper dead lift form and the lock out at the top. Before you move on be certain that you are performing the lock out at the top properly on every rep.

Now that you understand the lock out and proper stance lets speed it up a bit. Start all over with the dead lift, but this time stand up explosively and lock your hips out faster and harder. That means squeeze your glutes and tighten your abs and quads faster and harder. What you should see is the kettlebell popping up in front of you instead of just hanging. Now do 3 sets of 5 reps practicing this technique.

Swings



Swing Video Clip
[Click here to view](#)

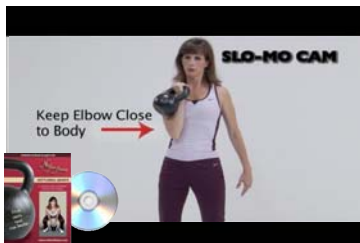
Once you feel comfortable with that fast moving dead lift it is time to move on to swings.

Please see the chapter on swings for instruction and a brief video clip to show the motion. Remember, the power is being generated from your hips with the explosive lock out (hip snap) you practiced. Just because you are swinging the bell through your legs doesn't mean you forget the hip snap.

A good rule of thumb to follow regarding adding swings to your workouts is to practice them for two weeks before moving on to the other exercises. If you are an experienced lifter you may just need a week. Add in 10-15 minutes of swing practice a day or at least 3 days a week. The number of sets and reps really does not matter at this point. Just make sure you practice using perfect form on each and every rep. When your form gets sloppy stop and take a break.



Clean



Clean Video Clip
[Click here to view](#)

You have to be proficient with the hip snap before moving on to the clean. Even when performing cleans the power comes from the hips. Everything on the bottom is the same as the swing you just don't swing the weight. You guide it up the middle of your body and get your hand around the bell at about stomach level. Please see the instructional page on Cleans.

Here are a few extra pointers for you when learning cleans: One, there is a timing aspect

to this exercise. You must learn to hip snap and wrap your hand around the bell with perfect timing or it will bang your forearm. Two, there is also an intensity aspect to this drill. If you over power the weight with your hips you will bang your forearms and if you don't generate enough power through the hips you will end up pulling the weight up and once again banging your forearms. Read through the instructional page carefully and watch the DVD clip closely. When practicing this drill keep

your sets and reps low so you don't get too many bruises. Two sets of 5 reps to start is just fine.

Whatever you do don't give up. As I stated in the beginning of this article there is a learning curve. The results you will get with training with a kettlebell far outweigh the time you spend learning.

Military Press



Military Press Video Clip
[Click here to view](#)

Now that you know how to clean and rack the kettlebell properly you will have an easier time with the military press.

The military press starts from the racked position (please see the kettlebell basics chapter for a definition). A few important points; one, you need to learn how to tighten all the muscles in your body (especially your lower body) to add tension and strength to your press and two keep your

hips pushed underneath you to protect your lower back.

Since this is a high tension slow moving exercise keep your reps to five or less. You can do as many sets as you would like.



Turkish Getups (TGU)



TGU Video Clip
[Click here to view](#)

This is an excellent exercise for strengthening your core and for shoulder stability and flexibility. TGU's work practically every muscle in your body. It is also a lot harder than it looks. This exercise is considered a grind so keep your reps low and perform them when you are as fresh as possible. Punching to the sky (please see the KB basics) is critical when performing TGU's. Your elbow must remain locked out at all times and your shoulder must remain tucked in its socket.

This is a highly technical exercise. I suggest you practice the mechanics with no weight until you are comfortable with the movement.



Front Squats



Front Squat Video Clip
[Click here to view](#)

Front Squats are also a grind exercise. It is best to keep your reps low. Front Squats not only work your legs and glutes but it also works your abs and core as well. Because the weight is directly over your working muscles it makes the exercise extremely effective. Don't be afraid to rock bottom squat (please see KB basics). It is perfectly safe when performed

correctly. Just be sure to actively pull yourself down with your hip flexors.



Putting It All Together

For at least 6-8 weeks you should think of your kettlebell workouts as practice. The displaced weight of the kettlebell adds intensity to your workout by working stabilizer muscles and your joints as well. This is a great thing as long as you ease into the workouts.

The Progression

For two weeks do about 15-20 minutes of kettlebell practice at least three days a week. Start with Swings and Turkish Get Ups. Once you have the swing form down add Cleans to your practice. To help build strength in your joints hold the kettlebell in the racked position for 15 seconds between each rep. Concentrate on pushing your hips underneath you and keeping your hips locked. Remember to keep your reps low at first to minimize bruising. When you are comfortable with the form you can do as many reps as you like.

Now that you are comfortable with the Clean and racked position add Military Press and Front Squat to your practice. These are grind exercises so keep your reps low (5 or less). To help strengthen

the shoulder stabilizer muscles and joint do a 5-10 static hold overhead in the locked out position. Be sure to keep your elbow completely locked out, your shoulder down, not shrugged and lower body tight with your hips locked out underneath you. All of this creates tension for strength plus it builds a sturdy base to hold the weight over. Please see the Military Press page for complete instructions.

Front squats also start in the racked position. Don't be afraid to squat past parallel if your flexibility allows. It is perfectly safe if you do it properly. Be sure to pull yourself down with your hip flexors and use your muscles as your brakes not your knees. When you get down to your lowest point then pause for

 September						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

a moment, exhale and pause again. This will relax the tension in your groin muscles and your squat depth should get even lower. Please see the Front Squat page for complete instructions.

Practice Workout to Follow

These workouts are just a guideline. They will be too easy for some and too hard for others. Let your body be the judge. Remember this is just practice so don't push it.

Weeks 1 and 2

Day 1: Swings 3 sets of 10 reps
Turkish Getups 3 sets of 2 reps each side.

Day 2: Swings 2x15
Turkish Getups 2x2 each Side

Day 3: Swings 4x10
Turkish Getups 3x2 each Side.

Weeks 3 and 4

Day 1: Swings 3x10
Turkish Getup 2x2
Cleans 3x5
Do a 10-15 second static hold in the rack position between each rep of your last set of cleans.

Day 2: Swings 2x15
Turkish Getup 3x2
Cleans 2x5

Day 3: Swings 3x10
Turkish Getups 2x1
Cleans 3x5 w/ static hold between each rep of last set.

Weeks 5 and 6

Day 1: Swings 3x10
Turkish Getups 2x3
Military Press 2x5 w/ a 5 sec. static hold overhead.
Turkish Getups 2x2
Cleans 2x5
Front Squats 2x5

Day 2: Swings 3x10
Military Press 2x3

Day 3: Military Press 2x5
Swings 3x10
Turkish Getups 2x3
Cleans 3x5
Front Squats 3x5

Day 4: Swings 3x12
Front Squats 3x5
Turkish Getups 2x2
Cleans 3x5

Kettlebell Frequently Asked Questions

1. What size kettlebell should I start with?

Well, that all depends on your conditioning, experience lifting, strength etc... Generally it is best to error on the light side when starting out with kettlebells. An average woman should start with an 8 kg/18lber. The average man should start with a 16kg/36lber.

If you are strong in the overhead lifts and consider yourself an experienced lifter then a strong woman could start with at 12kb/26lber and a strong man could start with a 20kg/44lber.

2. How many kettlebells do I need?

Just one kettlebell to start.

3. Is this a full body workout or do I need other weights too?

Kettlebells can be used as a stand alone strength training tool for a full body workout or as a supplement to your current training.

4. Do I need any special training to use a kettlebell?

It is always best when first starting out with kettlebells to get some training with a certified instructor. Two or three one on one sessions or attending a workshop will really get your off to the right start. If that is not possible this ebook is here to provide you with the best written and video instruction possible.

5. I haven't worked out in years is kettlebell training for me?

Absolutely. Kettlebells are a great training tool for "getting back into shape".

6. How do I know when I'm ready to move up to a heavier kettlebell?

When you get to the point where you can swing the kettlebell 20 reps for several sets and you can press it five reps for 3-5 sets you will be ready to move up.

7. I've been working out for a few months now and I'm ready for another kettlebell, should I move up in weight or get another one the same size?

That really depends on your goals. You can ask three different experienced instructors this question and you will probably get 3 different answers. My rule of thumb is this, you can't go wrong with getting the double if your goal is strength or strength endurance. It takes a lot more strength to press two kettlebells than it does just one, even if pressing one is getting easy. If your goal is conditioning, then get the heavier bell and stick to the unilateral work for a while longer.

Kettlebell Basics

Description: The basic techniques you need to learn to build a strong and safe foundation for kettlebell lifting. Once you master these techniques you will be able to perform any kettlebell drill with confidence and safety.

Hip Snap/Hip Thrust

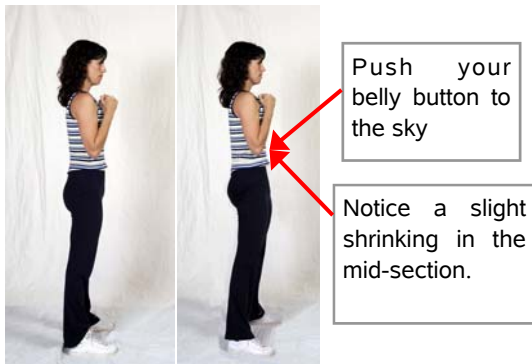


Fig. 1: Pressurize by squeezing your glutes and tightening your abs.



Fig. 2: You can see how the hips tilt up underneath and there is a slight sinking look in the mid-section. This technique helps protect your back by building a virtual belt around your waist.

Racked Position



Fig. 1: Hold a KB by the handle with your palm facing toward your chest. The KB should rest on your forearm, and your arm should be held close to your body. Keep your wrist straight to prevent injury.

Note: Female KB lifters should not rest the KB on their breasts in the racked position. Hold the KB a little more to the side, but keep it close to the body.

Overhead Position



Fig. 1: Hold a KB by the handle. Elbow is locked out and the KB is overhead. Hold the KB slightly behind your ear and close to your head. This will help maintain tension and improve shoulder flexibility.

Kettlebell Basics (cont.)

Proper Squatting Form

Pull yourself down with your hip flexors. Push glutes out like you are sitting in a chair.



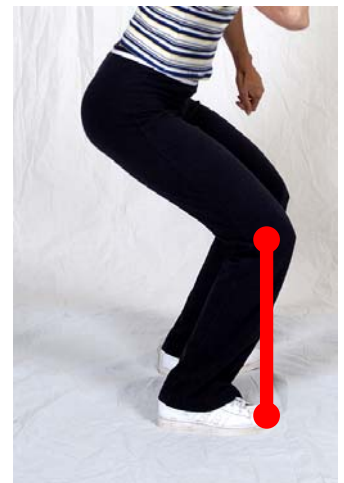
Fig 1: Bend at the hips, push your glutes out and actively pull yourself down with your hip flexors.

Look straight ahead.

Knees track your toes.



Fig 2: Front view and illustration of squat form with double KBs.



"Rock Bottom" Squat



Fig 1: Don't round your back or let your knees go over your toes.

Feet stay flat on the floor. Glutes down low and close to your ankles.



Fig 2: Hold the KB out to the side. To get back up safely don't let your glutes lift up before your shoulders. Think about pushing your foot through the floor with constant pressure on your whole foot.



Fig 3: Rock Bottom. Glutes to ankle.

Kettlebell Basics (cont.)

"Punching Up to the Sky"

Overhead Squat



TGU Lunge Style



Getup Situp

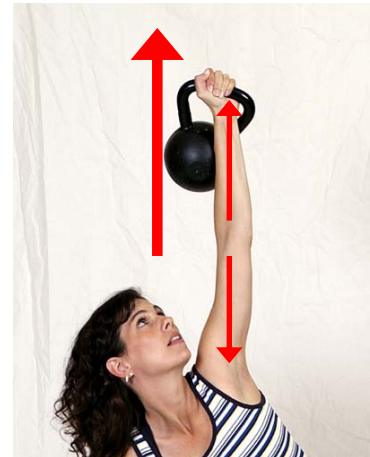


Fig. 1: Punching to the sky is a term for the overhead locked out position being performed during a KB drill that involves movement in that position. You should actively push or punch the KB to the sky to keep your elbow locked. Keep your eyes on the KB at all times.

Fig. 2: Think about elongating your elbow to keep it locked out. Shoulder down and firmly in the socket, as fist is punching to the sky. This creates and maintains the "lock" in the elbow.

Proper Footwear



Fig. 1



Fig. 2

Hard, flat sole and heel are best for kettlebell lifting.



Fig 3: Workout shoes with a soft, elevated heel, such as these, can cause instability and promote poor form in kettlebell lifting.

Fig 1-3: It is very important to wear proper footwear while kettlebell lifting. Workout shoes with a flat, hard sole and heel are recommended for stability in the lifts and for keeping your feet flat on the ground. For the same reasons, barefoot is also a good choice. Working out while barefoot also allows you to feel and grip the ground more effectively. Running shoes and cross training shoes, where the heel of the shoe is soft and elevated, are strongly discouraged. A soft and elevated heel can cause instability in your lifts, promote poor form, and in some cases be harmful to your knees.

Two Arm Swing

Muscle Groups: Hips, inner thighs, glutes, hamstrings, back, shoulders

Benefits of Exercise: Strength endurance, cardio, core strength.

Description: Stand with your feet shoulder distance apart. Place the KB between your feet back by your heels. Bend at the hips and push your glutes out like sitting down in a chair. Squat down and grasp the KB with both hands. Keep your head up and look straight ahead. Stand up quickly by driving your feet into the ground and swinging the KB in front of you. At the top of the move snap/push your hips forward explosively by squeezing your glutes hard and tightening your abs at the same time. Let the KB fall to swing down and back through your legs behind your knees. Note: It may take you 2-3 swing reps for the kettlebell to reach the height you want for the exercise.



Fig. 1: Starting position. Bent at the hips and glutes pushed back, KB placed between legs at the heels and head up.



Fig. 2: Side view of the starting position.



Fig. 3: Front view of the top of the move. KB is in perfect alignment with the arms. Notice that it is not tilting up or down.

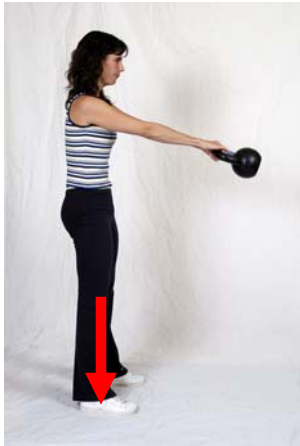
Two Arm Swing (cont.)

Fig. 4: Don't let the KB pull you forward. (If the KB does pull you forward, drop it. For safety reasons, it is best if you do not try to recover a questionable rep.) At the top of the move push hips forward explosively, squeeze glutes hard, and tighten abs at the same time.

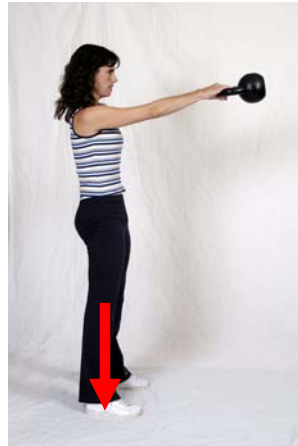
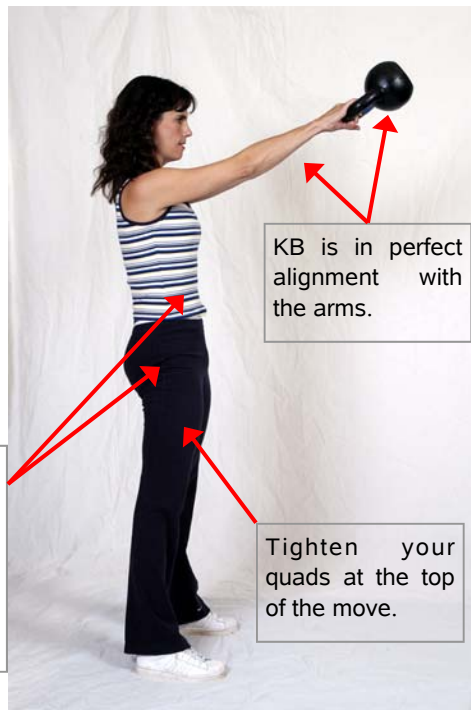


Fig. 5: Back is straight, no leaning back.



Drive your feet into the ground and snap your



KB is in perfect alignment with the arms.

You should maintain the lock out position with glutes and abs tightened until you feel the KB

Tighten your quads at the top of the move.



Fig. 7: KB swinging back through legs behind knees, as shown here in the one arm version of the swing movement. Act like you will throw the KB behind you.

Fig. 6: Top of the move. Lock-out

Kettlebell Clean

Muscle Groups: Hamstrings, hips, glutes, lower back, biceps

Benefits of Exercise: Cardio, safe way to get the KB to the racked position.

Description: Place the KB between your feet back by your heels. Bend at the hips and push your glutes out to squat down and grasp the KB. Stand up quickly and explosively drive your hips forward (hip snap). As you are swinging the KB up, keep your elbow in close to your body and the KB should stay close to your body also. Right after the hip snap, and while the KB becomes weightless, you rotate your wrist around the KB and get up underneath it. Right before it hits your forearm, punch up to meet the KB and quickly dip your knees to get under it. The KB should end up 180 degrees opposite from the starting position to the rack position. To continue to the next rep, drop the KB with a relaxed arm down and then back between your legs.



Fig 1: Starting Position.

Fig 2: Stand up quickly and hip snap. Use your hips to get the weight up. **Don't curl or do an upright row to get**



Fig 3,4: Wrist is rotated around the KB and punch up to meet the KB before it slams into your arm.



Racked position, KB close to the body, wrist straight.



Fig 5: Drop KB with a relaxed arm back between your legs. Let gravity take it down. Don't do a negative curl. As it swings back behind your knees, stand up explosively again for another rep.

Military Press

Muscle Groups: Shoulders, arms, chest

Benefits of Exercise: Strengthens, tones, and defines shoulders

Description: Start by cleaning the KB to the racked position. Squeeze your glutes and tighten your abs. This helps protect your back. Start the press by loading your bicep. Do this by letting the kettlebell out away from your body slightly, then keep pushing out with your elbow and press up. Lock your elbow out at the top and lean forward slightly so the kettlebell is behind your ear. Then actively pull the kettlebell down using your lat. Think about pulling your kettlebell down with your armpit.



Fig. 1: Starting position.



Fig. 2: Keep your wrist tight and straight. Start the press by loading the bicep slightly.



Fig. 3: Remember to keep your abs and glutes tight.

Military Press (cont.)

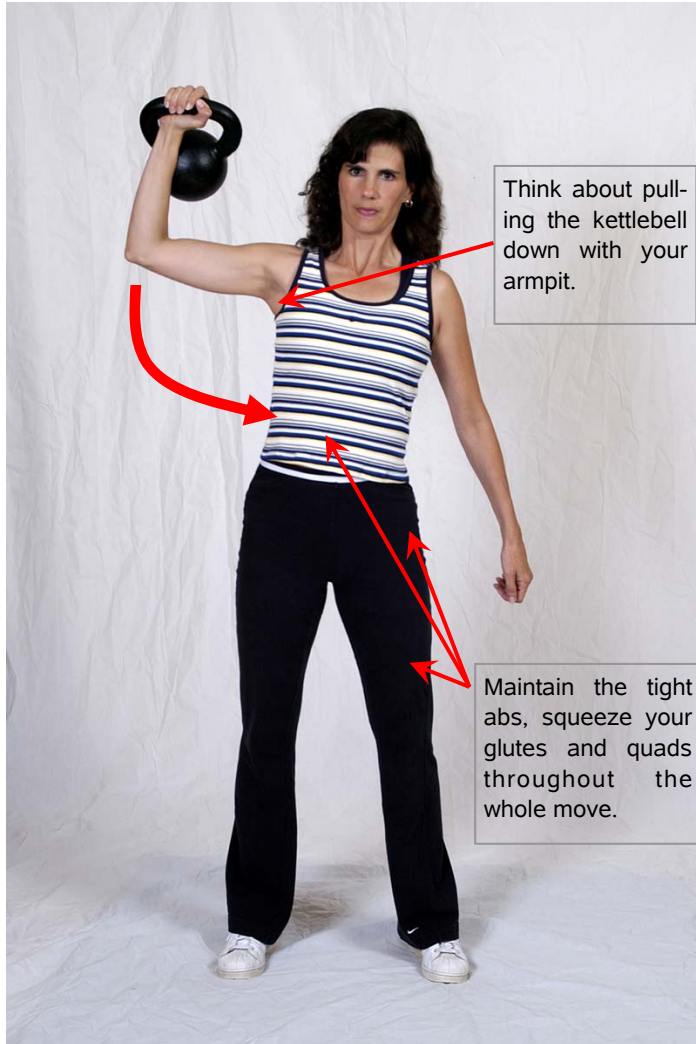


Fig. 4: Lower the kettlebell back to the racked position by actively pulling it down using your lat.



Fig. 5: Ending position back in the racked position.

Turkish Getup (TGU)

Muscle Groups: Every muscle

Benefits of Exercise: Building shoulder flexibility and core strength

Description: Lay down on your back with your knees locked out and safely lift the kettlebell using both hands up to the overhead position. Lock out your elbow. If the KB is in your left hand as shown in the picture roll over to your right side. Get your elbow up underneath you and prop yourself up. Cross your left leg over your right leg. Use your free hand to continue to push off the ground and get your left leg into the lunge position. Straighten out your torso by taking your hand off the ground. The right knee should be on the ground, left foot on the ground with knee bent. Now stand up. Keep your stomach tight through the whole move. The move should be seamless. Now reverse the move by lowering right knee back to the ground. Use your free hand for stability and get back into the starting position.



Fig. 1: Starting position. Knees locked and KB overhead with elbow locked.



Fig. 2: Roll over to the opposite side of the KB and push yourself up onto your elbow.



Fig. 3: Bring the leg on the side with the KB crossed over the opposite leg.



Fig. 4: Push yourself up to sitting position.



Fig. 5: Place your weight on the bent leg that has the KB overhead. Use your hand on the ground for stability.



Fig. 6: Get up to a lunge position with hand off the ground and stand up.

Front Squat

Muscle Groups: Quads, glutes, hips

Benefits of Exercise: Strengthens and tones your thighs, hips, and glutes

Description: In the starting position, hold a KB in the racked position. Your feet should be about shoulder distance apart. Bend at the hips and push your glutes out like you are going to sit down in a chair and squat down. Keep your feet planted to the floor. Don't let your knees go past your toes. You want to pull yourself down with your hip flexors. Don't just let gravity pull you down. Squat down as far as you can. When your glutes touch your calves it is rock bottom. Unless you know how to pressurize well, your tail may not tuck in at the bottom of the move. When you reached the bottom position pause for a second and then stand back up by pushing your feet through the floor. When you get to the top lock your hips out by squeezing your glutes and tightening your abs.



Fig 1: Starting position.



Fig 2: Bend at the hips and push glutes out as you start to squat down.

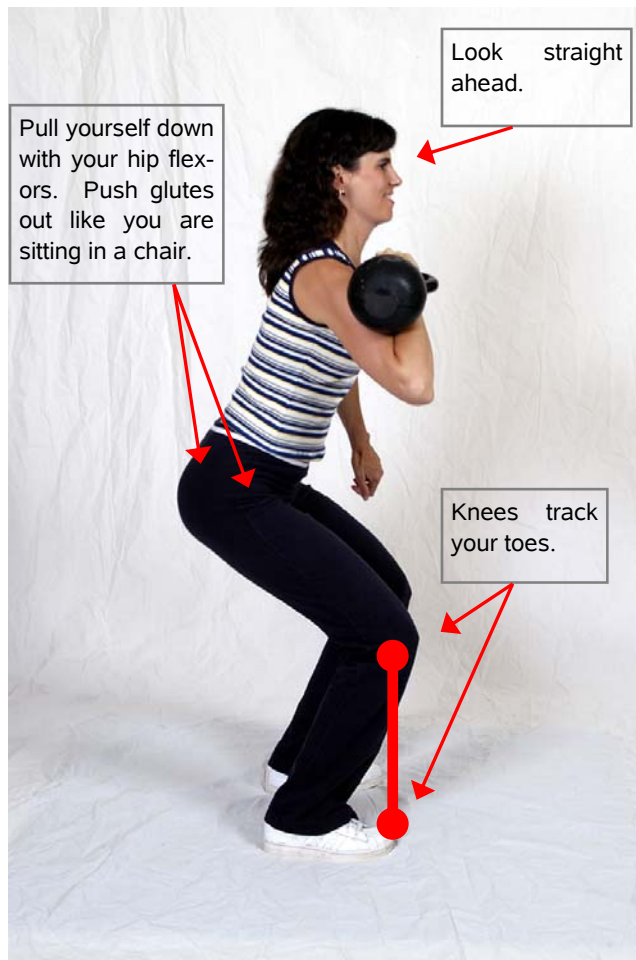


Fig 3: Look straight ahead and knees track the toes.



Fig 4: Rock bottom squat. Feet flat on the floor.



Fig 5: Stand back up pushing feet through the floor. Lock out at the top by squeezing your glutes and tightening your abs.

Kettlebell Sizes and Weights

Pounds	Kilograms	Poods
9 lb	4 kg	1/4 pood
13 lb	6 kg	3/8 pood
18 lb	8 kg	1/2 pood
26 lb	12 kg	3/4 pood
35 lb	16 kg	1 pood
44 lb	20 kg	1.25 pood
53 lb	24 kg	1.5 pood
62 lb	28 kg	1.75 pood
70 lb	32 kg	2 pood
88 lb	40 kg	2.5 pood
105 lb	48 kg	3 pood

Main Entry: **pood**

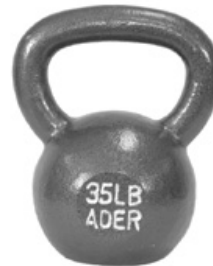
Pronunciation: 'püd, 'püt

Function: *noun*

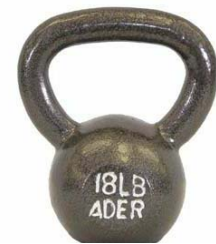
Etymology: Russian *pud*, from Old Russian, from Old Norse *pund* pound

: a Russian unit of weight equal to about 36.11 pounds (16.38 kilograms)

Courtesy: Merriam-Webster Dictionary

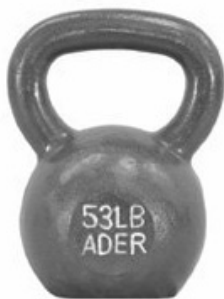


Men's Starter
35 lber.

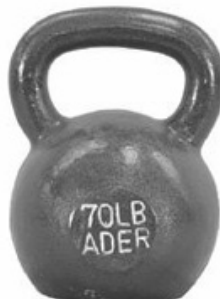


Women's Starter
18 lber.

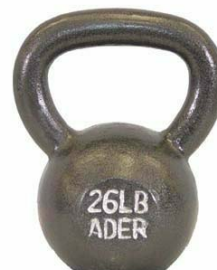
Other KB Sizes:



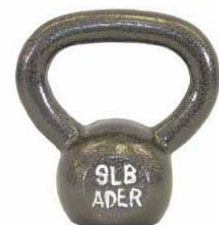
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70 lber



26 lber



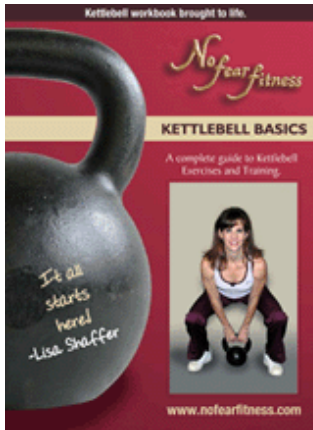
9 lber

Note: Kettlebell pictures are not necessarily in scale with respect to one another.

Kettlebell Inc. Prices and Ordering

"Kettlebell Basics" DVD Volume 1

Video clips shown throughout this book



[Full Details Here](#)

\$29.95!



Exercises Covered:

Swings

Cleans

Military Press

Front Squats

Lunges

Lunges

Turkish Getup

Push Press

Bent Over Rows

Under Leg Pass

Snatch

One Arm DL

Punch Press

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Over 20 Exercises in Full Motion!

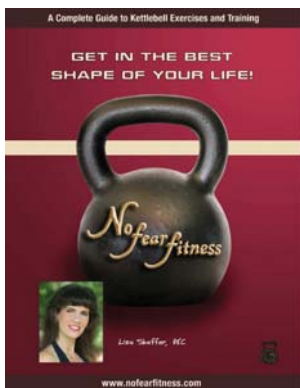
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A Complete Guide to Kettlebell
Exercises and Training

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Over 20 pages of Articles and Follow Along
Workouts, Beginner to Advanced!

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Machine Washable
One Size Fits All

No more banging up your forearms
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\$12.00!

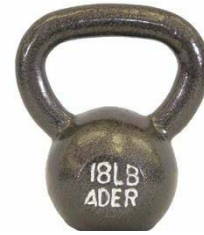


Kettlebell Inc. Prices and Ordering

*** NOTE: Cost of Shipping is included in all prices. ***


Women's Kettlebells

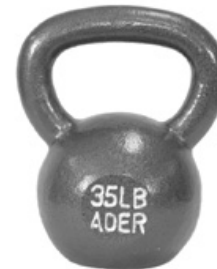
9lb (4kg)	\$54.95	
13lb (6kg)	\$67.95	
18lb (8kg)	\$79.95	
26lb (12kg)	\$94.95	
35lb (16kg)	\$99.95	



Women's Starter
18lbs (8kg)

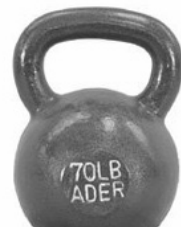
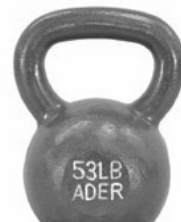
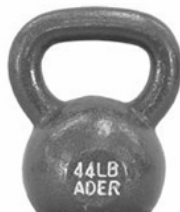
Men's Kettlebells

35lb (16kg)	\$99.95	
44lb (20kg)	\$112.95	
53lb (24kg)	\$128.95	
62lb (28kg)	\$143.95	
70lb (32kg)	\$159.95	
80lb (36kg)	\$194.95	
88lb (40kg)	\$224.95	
106lb (48kg)	\$264.95	



Men's Starter
35lbs (16kg)

Note: Kettlebells ship via UPS within the Continental US only. Kettlebells typically arrive within 10 days of ordering.



Kettlebell Inc. Prices and Ordering

Kettlebell Starter Packages



Women's Starter Package

18lb Kettlebell
 "Best Shape of Your Life" Workbook
 "Kettlebell Basics" DVD
 Forearm Guards

\$155.00

(includes Shipping)



Men's Starter Package

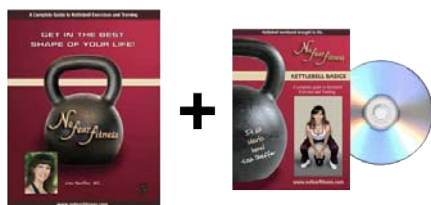
35lb Kettlebell
 "Best Shape of Your Life" Workbook
 "Kettlebell Basics" DVD
 Forearm Guards

\$170.00

(includes Shipping)



NoFearFitness Starter Packages

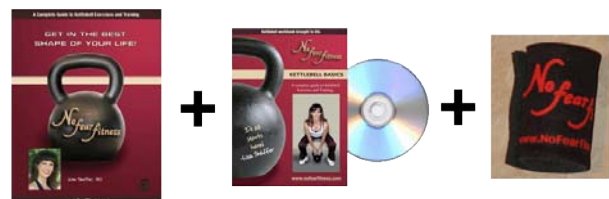


NFF Book and DVD Package

"Best Shape of Your Life" Workbook
 "Kettlebell Basics" DVD

\$69.95

(includes Shipping)



NFF Starter Package

"Best Shape of Your Life" Workbook
 "Kettlebell Basics" DVD
 Forearm Guards

\$83.95

(includes Shipping)



Instructions and Troubleshooting

You would think that in this day and age of computers that things would just work perfectly without the need for detailed instructions or troubleshooting of any sort. But alas, we are not in a perfect computing age yet and troubleshooting guides are still very much necessary. So without further adieu or diatribe....

Video links: The mpeg video clips of the exercises are on average 20 Megabytes, so they will take a little bit of time to download in your browser. If your browser is set to play video before the entire clip is downloaded, you may experience some choppiness in the playback. However, once the video is completely downloaded, it should run smoothly in your browser.

If your browser or video player is set to download the entire clip before playing, you may experience some time delay of up to 5-10 minutes, for a broadband connection, or "a pretty long time", for dialup connection, before the video starts playing.

Lastly, if you are using the AOL client, the video may not work at all in AOL's video player for reasons we won't get into. If this is the case, or for any problems with the video links, cut and paste the following URLs into your favorite external web browser and they should play fine.

Two arm swing: <http://www.nofearfitness.com/videos/swing.mpg>
Clean: <http://www.nofearfitness.com/videos/clean.mpg>
Military Press: <http://www.nofearfitness.com/videos/mp.mpg>
Turkish Getup: <http://www.nofearfitness.com/videos/tgu.mpg>
Front Squat: <http://www.nofearfitness.com/videos/fsq.mpg>

All other links: Adobe Acrobat Reader has two different ways of presenting embedded hyperlinks to external webpages. One method is to download the entire webpage and presenting it within the Reader itself. This can lead to formatting issues and possibly some issues with input for form submissions. The other method is to open up Internet Explorer and present the webpage in Explorer. For AOL users, you may experience some problems in opening up the links in the web browser. For any problems with the links, you can just copy and paste the link into your favorite web browser and it should work fine.

For problems with product ordering shopping cart buttons, you can go directly to the product sections of KettlebellInc.com or NoFearFitness.com to view and order any products directly. The web addresses are shown below:

<http://www.kettlebellinc.com/products>
<http://www.nofearfitness.com/products>

Lastly, for any problems not covered on this page, please send email to:
support@kettlebellinc.com
and we will get back to you promptly with a solution.

KETTLEBELL INC.

**GRAND OPENING
KETTLEBELL GIVEAWAY!**

OVER \$500 IN PRIZES!

**NO PURCHASE NECESSARY
REGISTER TO WIN!!**

**FOR COMPLETE DETAILS
AND PRIZES VISIT
THE KETTLEBELL INC.
CONTEST PAGE**

[CLICK HERE](http://kettlebellinc.com/registrations/contestpage.php)

<http://kettlebellinc.com/registrations/contestpage.php>