

RKC

The Russian Kettlebell Certification (RKC)... Propels You Into The Front Ranks of Physical Excellence

Since **Dragon Door** introduced America to kettlebells in 2001, this amazing "gym in one hand" has been **redefining our nation's strength and conditioning landscape**.

Now, personal trainers who incorporate kettlebells into their programs have watched their **client base explode**. Previous clients have flocked back, attracted by **undeniable gains in strength—and loss of body fat!** Kettlebells have opened up whole new vistas of training success for personal trainers and their clients alike.

In fact, professionals of all kinds have been rushing to take advantage of the kettlebells' almost **magical ability to strip off unwanted fat and turn wretched physiques into the envy of the neighborhood...**

Chiropractors, massage therapists, physical therapists, physicians, sports coaches, you name it, have also eagerly embraced the kettlebells **uncanny ability to rehab injuries**—in particular, back and shoulder injuries.

And, of course, athletic coaches at the school and professional level have been falling over themselves to ensure they and their athletes gain the **competitive advantage** almost **guaranteed** by proper kettlebell training.

Then, the police and military — whose very lives can depend on their physical strength and conditioning levels — have jumped on kettlebells as the quick and very handy answer to fast and permanent strength and cardio gains.

With the kettlebells growing popularity as the **exercise tool "that does it all"**—be it for the professional athlete or simply average fitness-Joe looking for a more effective workout- there's a **rising demand** for highly skilled and competent kettlebell instructors.

And there's **ONLY ONE KETTLEBELL CERTIFICATION PROGRAM** in the United States that delivers the depth and breadth of core competencies critical to successful kettlebell instruction... **Dragon Door's Russian Kettlebell Certification...**