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## **WORLD KETTLEBELL CHAMPION AND RECORD HOLDER COMES TO BELLINGHAM TO COACH**

*Saturday, March 31<sup>st</sup>, 2007, Bellingham, WA. Valery Fedorenko, owner of the World Kettlebell Club, World Kettlebell Lifting Champion and 12 Year Standing World Record Holder will be coaching a seminar on the Russian national sport and American fitness sensation: kettlebell lifting. Scott Sonnon, owner of The RMAX Gym, Ltd. in partnership with Bellingham Athletic Club, will bring this Russian sensation in to conduct a specialized clinic designed to produce Certified Coaches in Russian Kettlebell Lifting for Bellingham.*

### **What is Kettlebell Lifting?**

*The kettlebell is a traditional Russian cast iron weight looking somewhat like a cannonball with a handle. Kettlebells like clubbells are a highly versatile tool for all-around fitness and cross-training benefit. Workouts increase strength, stamina, agility, balance as well as challenging both the muscular and cardio-vascular system with dynamic, total-body movements. The sport of kettlebell lifting has been nationally recognized and played in Russia for decades, and its competitive exercises are the 'Two Kettlebell Jerk' and 'One Kettlebell Snatch'; performed in that order for ten minutes each. The competitor with the highest overall score wins.*

*Although kettlebells have been around for centuries, no one has determined when they were actually adapted for fitness, since they were originally used as measuring weights for weighing cattle. There are books over 100 years old that reference their use and hundreds of exercises have been created. To illustrate the widespread appeal of this simple, yet powerful tool, the first competition in 1947 with over 200,000 participants!*

*Scott Sonnon, a world record holder and champion in another weight-lifting event – Clubbell Sport – had this to say regarding the upcoming event, “We’re mainly concerned with bringing in the best subject matter experts in the world to improve our services. Kettlebells and clubbells are still very much a fringe exercise sensation but very popular among our police and firefighters and mixed martial arts fighters. We’re honored to bring in the world’s best in kettlebell lifting, and are privileged to have Valery teach us the secrets of this Russian sport!”*

### **Event Date and Registration Deadline**

**Event Day:** Saturday, March 31<sup>st</sup> from 10-4PM at The RMAX Gymnasium, Ltd. in c/o Bellingham Athletic Club Downtown Studio B, 1616 Cornwall Avenue, Bellingham, WA 98225 360-734-1616.

*Workshop enrollment is open to the public by contacting Coach Sonnon at The RMAX Gym. Equipment is not required since the facility has enough for everyone.*

### **ABOUT RMAX INTERNATIONAL:**

Scott Sonnon, USA National Police Team Coach, International Champion and Distinguished Master of Sport, launched his “retro-tech” RMAX Gymnasium in 2007 in partnership with the Bellingham Athletic Club. Classes are geared towards “tactical fitness” to increase preparedness for firefighters, police and military personnel. For more information, log on to [RMAXinternational.com](http://RMAXinternational.com).

**ABOUT BELLINGHAM ATHLETIC CLUB:**

Bellingham Athletic Club has been Whatcom County’s Health and Fitness Leader since 1975. The two Bellingham Athletic Club facilities, BAC Cordata at 4191 Meridian Street and BAC Downtown at 1616 Cornwall Avenue, offer the best in service, equipment and cutting edge technology and personnel. For more information, log on to [BellinghamAthleticClub.com](http://BellinghamAthleticClub.com).