

# MEET THE GEARL'S



## A Quick Start Guide

By Josh McGowen

# KETTLEBELLS

## A Quick Start Guide for Beginners

Written and Illustrated by  
Josh McGowen

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# COMPREHENSIVE QUICK GUIDE TO STARTING KETTLEBELLS

## WHAT ARE KETTLEBELLS?

Kettlebells are an alternative type of strength training implement to the traditionally used dumbbells and barbells. They are usually made of cast iron and resemble a cannonball with an iron handle on the top. This form of strength training has become popular in recent years but it's history actually goes back hundreds of years.

As far back as the 1700's kettlebells were used as counterweights to measure grains in Russian markets. By the late 1800's they were being used by circus strong men to train for and perform impressive feats of strength. From there the kettlebell made its way to Europe and even United States. However it wasn't well known in the U.S. until Pavel Tsatsouline popularized it in the 90's.



Pavel was a Soviet Spetsnaz trainer before coming to the states in the early 90's. Once in the U.S. he began teaching training techniques to the Navy seals, Army Special Forces and the Marines. Shortly afterward he began teaching the public about the incredible benefits of kettlebells through workshops, books and online training. Fast forward to today and the kettlebell craze is in full swing with kettlebells making an appearance in almost every U.S. Gym.



# BENEFITS OF THE KETTLEBELL

## #1 KING OF THE MINIMALIST WORKOUT



Kettlebells have an amazing capacity to form an incredibly well rounded workout with a single tool. They can be used for strength training, weight loss, explosiveness, endurance and mobility all in the same workout. In fact, it's difficult to even use a kettlebell properly without seeing gains in all of these areas.

## #2 HIGHLY FUNCTIONAL WORKOUT



Extremely heavy lifts are common in gyms, but in the real world max strength is rarely needed. If you've ever carried a dozen grocery bags up stairs, worked labor or done yard work, you'll be aware that real labor usually means lifting submaximal weight repetitively and efficiently. Kettlebells create endurance, mobility and functionality at these weights.

## #3 POWER DEVELOPMENT



Most classic kettlebell movements are done utilizing the glutes in an explosive manner, creating incredibly powerful hips and improving almost all athletic movements. On top of this, most kettlebell movements are also compound lifts, integrating the entire body into one cohesive unit during max power output. The combination of these elements creates vast full body power.

## #4 FAT SHREDDING



Kettlebells utilize the large muscles of the glutes and thighs during high repetition movements. Due to their size, these muscle groups burn a tremendous amount of calories when repetitively engaged in this way. Making kettlebell workouts one of the greatest calorie burners of the fitness world.

# TYPES OF KETTLEBELLS

## #1 CAST IRON ( HARD STYLE )

By far the most common type of kettlebell, found in sports retail stores everywhere. In general they are very good kettlebells and they are relatively inexpensive. These can be found in nearly all denominations of weight and as the weights go up the kettlebells become larger. And the handles change become thicker, sometimes making it difficult for those with smaller hands as weight increases. Also the handle on larger weights is not standardized and often the handle is too short, making the weight rest improperly on the wrist joint instead of below it. This can cause pain and damage so it's best to be sure the kettlebell fits properly before you buy it or at least buy from a reputable company such as Rogue or Onnit.

## #2 COMPETITION KETTLEBELL ( SOFT STYLE )

Soft style kettlebells are used during competition and are all a standardized size and shape to insure fair and consistent competition. Meaning a 26lbs kettlebell is the same size and shape as a 62lbs kettlebell. This is done by creating a hollow core in each kettlebell and as the weight goes up the hollow core becomes smaller. Competition style kettlebells are in general much larger and more comfortable, making them ideally suited for endurance work. Also the standardized handle and bell size make them a favorite choice among many advanced practitioners. The only real draw back is that these kettlebells can be more expensive. Quality competition kettlebell retailers include Titan Fitness, Kettlebell Kings. And Rogue

## #3 ALTERNATIVE KETTLEBELLS

In recent years there have been a few new types of kettlebells on the market. Vinyl kettlebells are now often seen marketed to woman in small sets. They are often not as expensive as iron but only available in lighter weights. Sandbag and water bladder kettlebells have also hit the market and can be a good option for traveling since they can be emptied and refilled once the destination is reached. And finally there are cast iron kettlebells utilizing a flat plastic or rubber bottom in order to make the kettlebell less likely to tip over while on the ground. I wouldn't recommend these at all because the flat stand they sit on hits the forearms and in my experience is very uncomfortable.

# WHAT WEIGHT TO USE?

The kettlebell weight used will differ depending on the person and the lift being performed. However there are some long standing suggestions for the classic lifts which are measured in the traditional Russian measurement, the Pood. Keep in mind that many of the classic lifts will be used with heavier weight than some of the more isolated supplementary lifts. With that said the table below lists the traditional suggestions for the classical lifts.

Pood	Kilograms	Pounds	Suggested Use
½ Pood	8 kgs	18lbs	Beginner Woman
¾ Pood	12 kgs	26 lbs	Beginner Male & Athletic Woman
1 Pood	16 kgs	35 lbs	Beginner Athletic Male
1 ¼ Pood	20 kgs	44 lbs	Transition weight
1 ½ Pood	24 kgs	53 lbs	Intermediate Athletic Male
1 ¾ Pood	28 kgs	62 lbs	Transition Weight
2 Pood	32 kgs	70 lbs	Advanced Athletic Male

# STYLES OF KETTLEBELL TRAINING

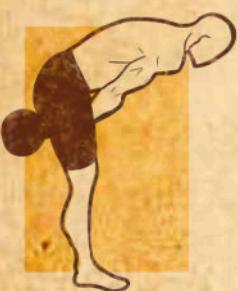
Kettlebells can be used in any number of ways, however there are 4 primary styles that have traditionally been used.

## #1 HARD STYLE



This first style is the one popularized by Pavel and it uses the entire body in order to create maximum power output during reps. This style has become popular with Martial Artists and athletes due to its ability to create a more powerful and well integrated body.

## #2 COMPETITION STYLE (SOFT STYLE)



This style was developed for use in endurance style competitions. It creates high efficiency and less friction and jarring on the joints. The exercises used in this style are relegated to only the snatch, jerk and long cycle (clean and jerk).

## #3 KETTLEBELL FLOWS

This is a method of stringing together multiple different exercises together, then repeating the combination multiple times. It's a very time efficient way to get a full body workout and can help teach the skill side of kettlebells more quickly. It's also a great way to get the heart rate up for fat burning and at a slower pace can be a great rehab tool when coming back from injury.

## #4 JUGGLING

This is an old circus strongman routine turned into a great workout. It's for advanced practitioners who want to improve muscle control and hand eye coordination while getting a great workout. Lighter kettlebells are used and they are thrown and flipped through the air in a number of different patterns only to be caught and redirected before throwing again. It's an incredibly fun way to workout but is best done after a solid base of Kettlebell skill is achieved.



# KETTLEBELL GRIPS

## DOUBLE HAND GRIP



Used for: Double arm swings, deadlifts, and Romanian deadlifts (RDL's)

Grab the corners of the handle with the four fingers holding strong but loose as to not create friction. Thumbs do not need to be used but can be locked down over index fingers for heavier lifts or for beginner kettlebell users so as not to lose the kettlebell.

## HOOK GRIP



Used for: Single arm swings, cleans, and snatch

Wrap the four fingers around the kettlebell, forming a hook. Hold strongly but loose so as not to create excess friction. Can be used with thumb locked over index finger to increase the strength of the hold.

## HORN GRIP

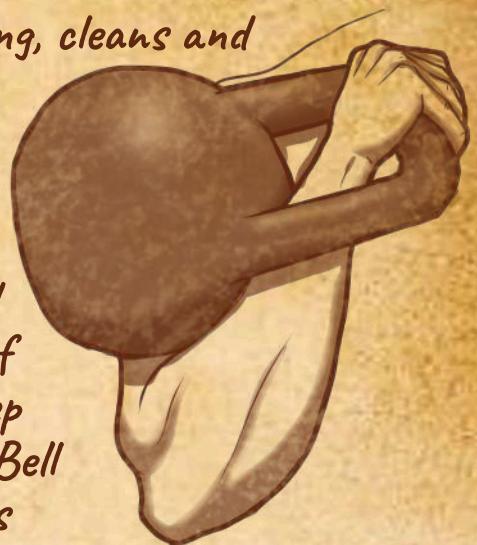


Both hands grasping the horns of the kettlebell with handle facing up and bell facing down. Four fingers wrapped tightly around horn and thumbs locked down on index finger fingers.

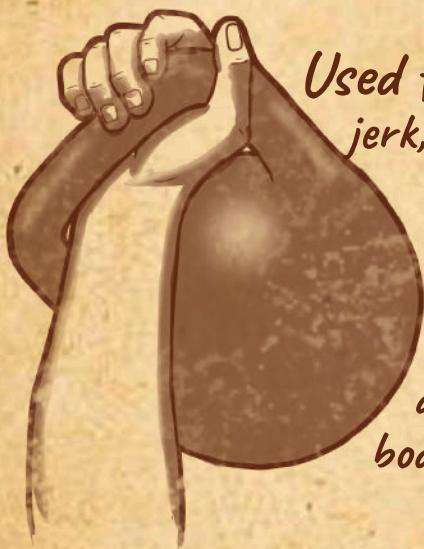
## RACK GRIP

Used for: Rack position as seen in squatting, pressing, cleans and other exercises

Place the corner of the handle in the pocket between the thumb and index finger, close fist around handle but keep the grip relaxed. Bring hand to roughly shoulder height, close to the center-line of the body with palm facing the opposite shoulder. Keep wrist straight and do not let it bend backwards. Bell should rest comfortably on the back of the forearms



## PRESS GRIP



Used for: Overhead pressing, top portion of snatch and jerk, and overhead carry

Corner of the handle placed in the pocket between the thumb and index finger as in the rack grip. Fingers and thumb only loosely around handle with arm overhead and palm facing out in front of the body.

## GOBLET GRIP

Used for: Goblet squat, goblet lunges, and goblet presses

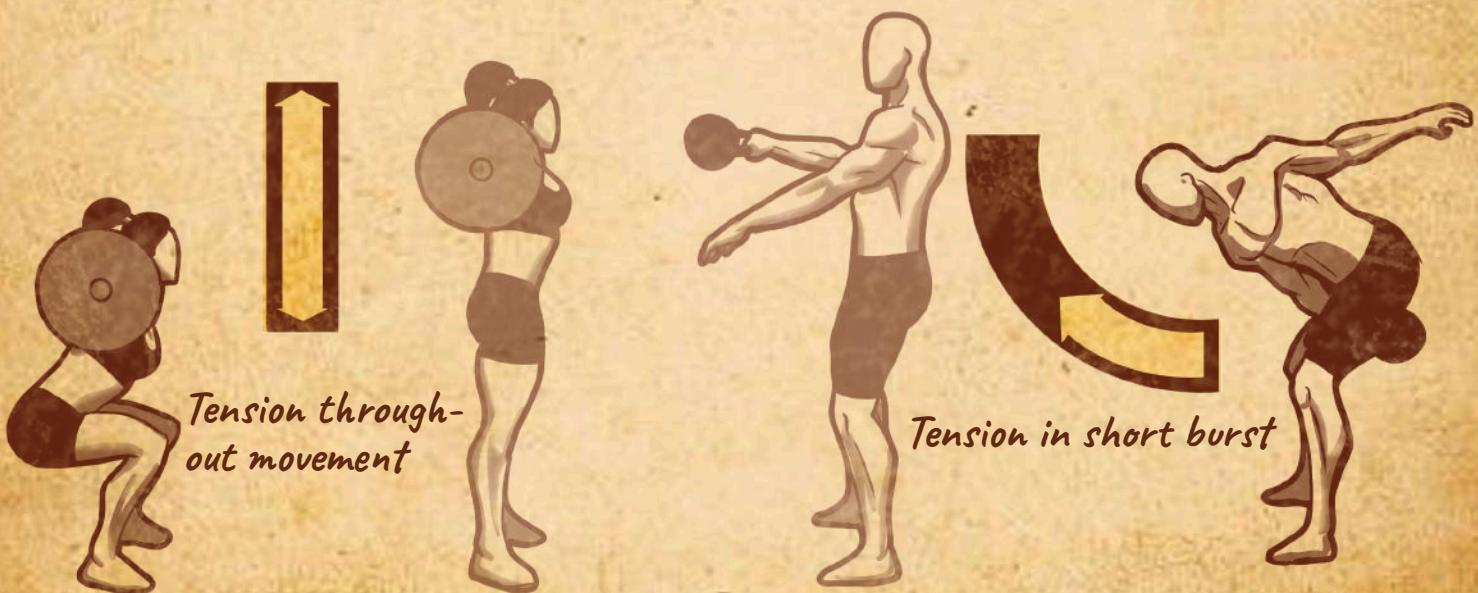
With kettlebell upside down or right side up, put open hands on either side of bell. Palms will be slightly on the underside of the bell and hands will be pressing into the bell as if squeezing the bell.



## BALLISTIC LIFTING

Many kettlebell exercises are lifts in the traditional sense, they require constant stabilization and muscular effort throughout the entire lift, including an active deceleration at the end range of motion. For instance the barbell back squat and the kettlebell goblet squat both demand the lifter actively slow down the weight at the bottom of the lift before actively pushing through the legs to the top position. Most bodybuilding style lifts, power lifts and traditional lifts are done in this way.

However many kettlebell exercises, such as swings, snatches, cleans and jerks are ballistic movements, similar to Olympic weightlifting. These exercises require an intense burst of muscular effort to initially propel the weight, but thereafter the muscles relax while the kettlebell coasts through its range of motion. The initial burst of effort is a maximum intensity motion which is only made possible by the lack of active deceleration. This type of lifting is perfect for the development of power and explosiveness.



**TRADITIONAL  
BARBELL.  
BACK SQUAT**

**BALLISTIC  
KETTLEBELL.  
SWING**

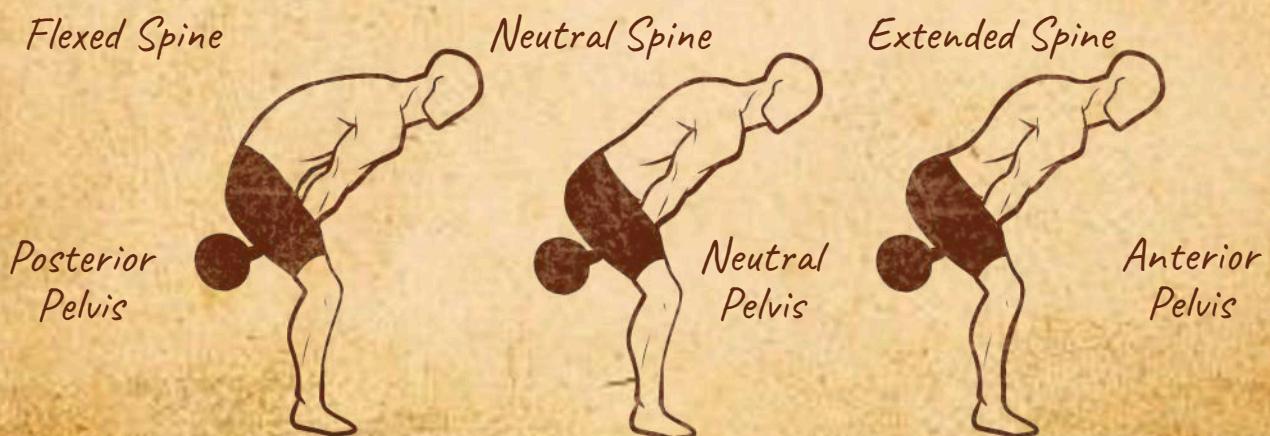
However, many people who come from a barbell/dumbbell lifting background have trouble transitioning into ballistic movements. The style of the lift is very different from what they are used to so they often try to actively lift and decelerate the weight as opposed explosively propel the weight then passively guide it back into position.

In the passive phase you only need to let the weight coast while making sure to guide the weight safely as gravity pulls it back into starting position.

## PROPER HIP HINGE

Most classic kettlebell lifts heavily utilize the hip hinge movement. When first starting kettlebells this movement pattern is one that is commonly performed poorly, decreasing power output and potentially injuring the spine or hips.

Always try to keep the spine and pelvis in neutral until the top of the swing.,



# THE CLASSIC KETTLEBELL EXERCISES

## #1 KETTLEBELL SWINGS

Ideal for glute development, hip strength, explosive hip power, heart rate training and calorie burning.

### PRIMARY MUSCLES WORKED

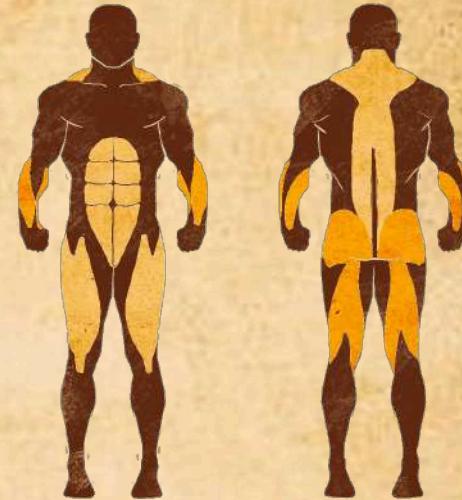
- Glutes
- Forearms
- Hamstrings

### SECONDARY MUSCLES WORKED

- Abdominals
- Traps
- Quads
- Paraspinals

### GRIPS

- Hook Grip
- Two Hand Grip



or



## #2 GOBLETS SQUATS

Ideal for leg strength, and core posture.

### PRIMARY MUSCLES WORKED

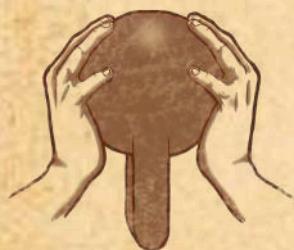
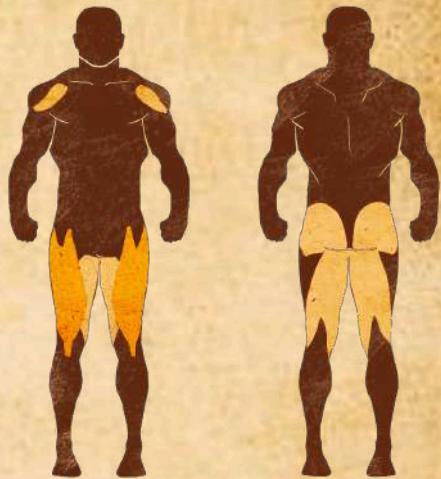
- Quads

### SECONDARY MUSCLES WORKED

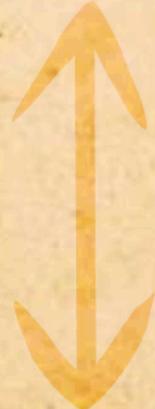
- Hamstrings
- Glutes
- Adductors
- Front Deltos

### GRIPS

- Goblet Grip
- Horn Grip



or



## #3 OVERHEAD PRESS

Ideal for shoulder strength and mass.

### PRIMARY MUSCLES WORKED

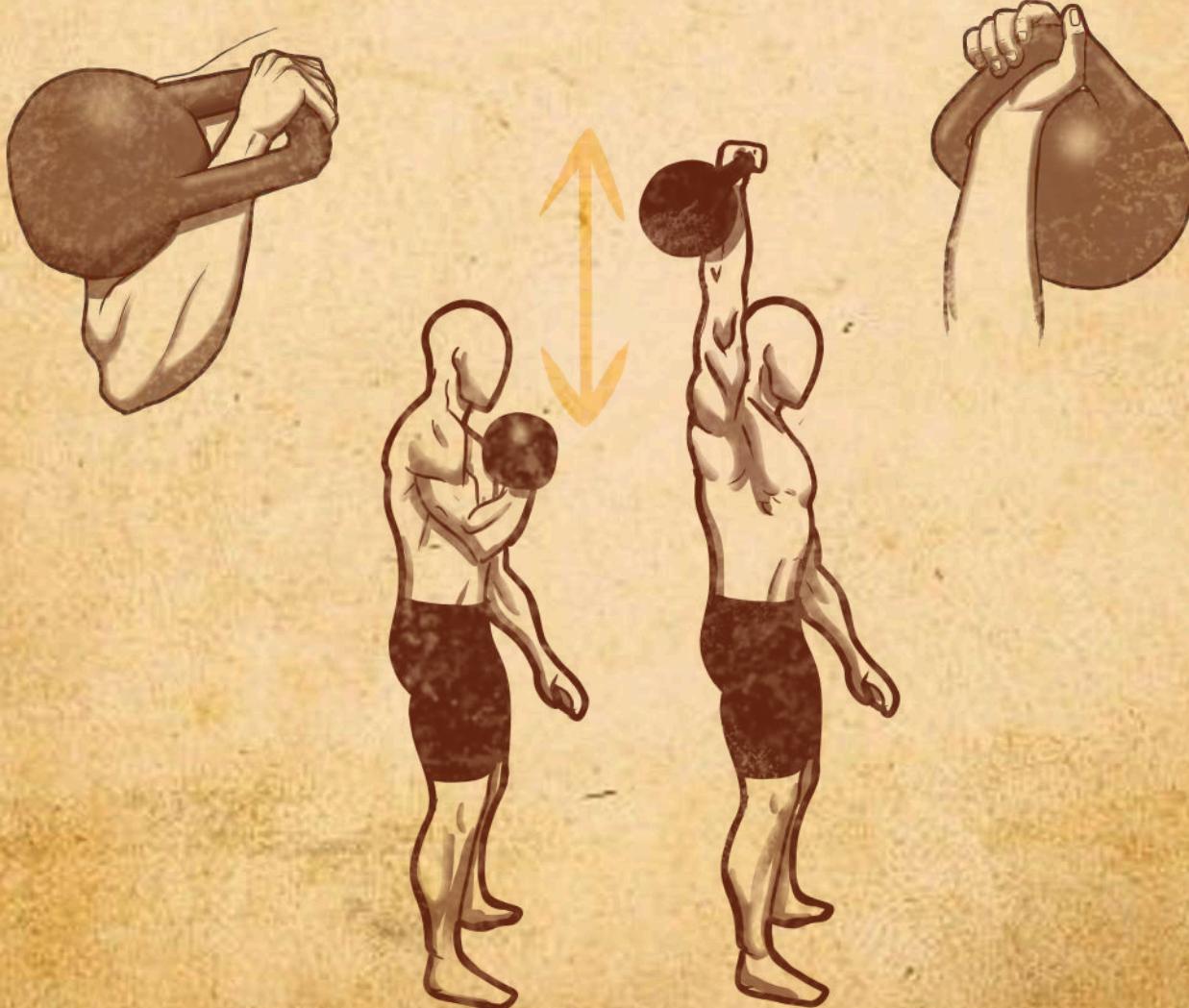
- Deltoids
- Upper Pecs

### SECONDARY MUSCLES WORKED

- Triceps

### GRIPS

- Rack Grip
- Press Grip

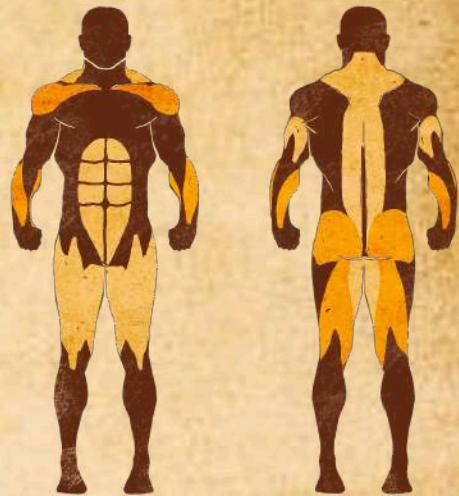


## 111 CLEAN AND PRESS

Ideal for full body integrated strength, mass, hip explosiveness, heart rate training and calorie burning.

### PRIMARY MUSCLES WORKED

- Glutes
- Hamstrings
- Forearms
- Deltoids
- Upper Pecs

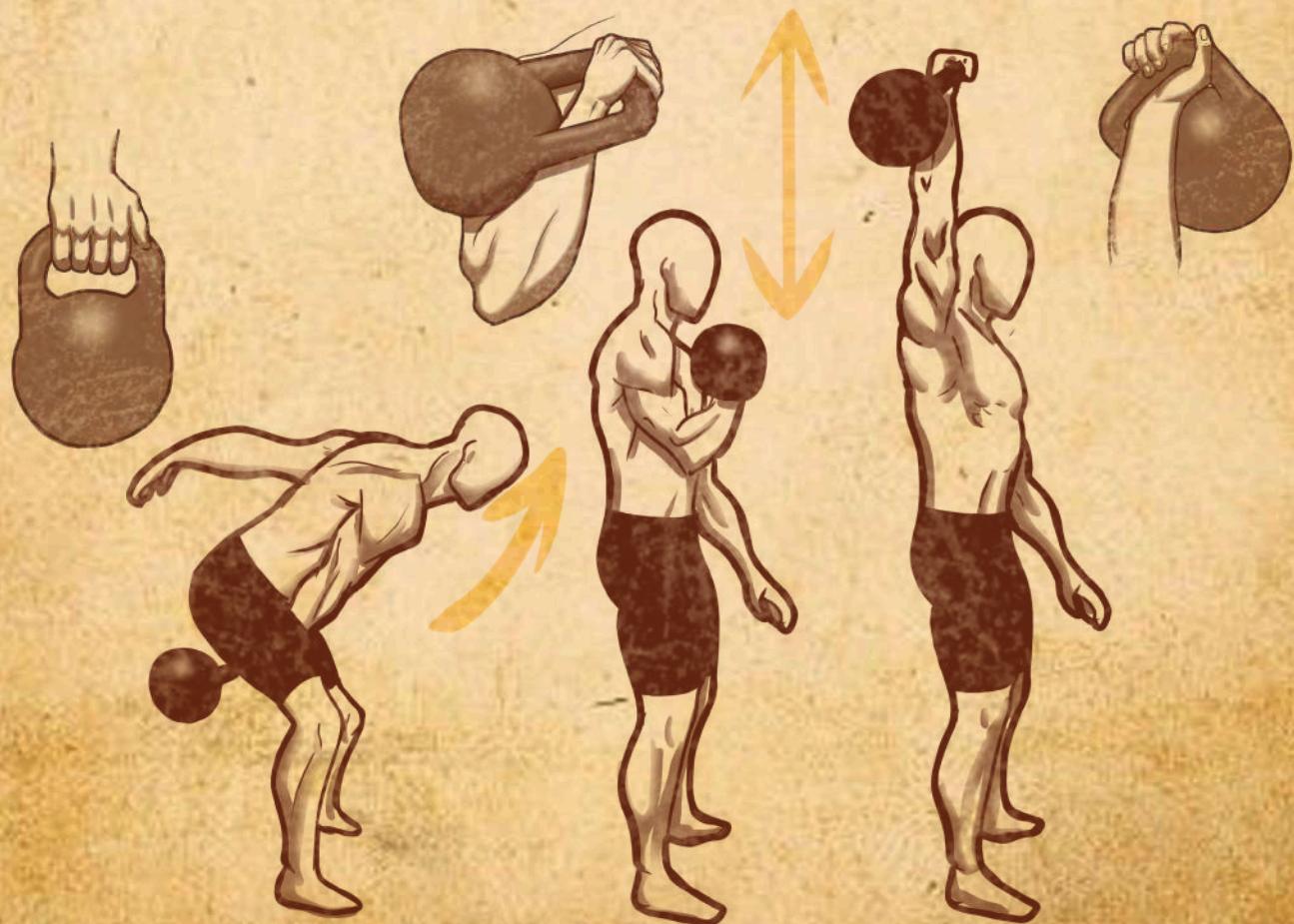


### SECONDARY MUSCLES WORKED

- Abdominals
- Quads
- Traps
- Paraspinals
- Triceps
- Adductors

### GRIPS

- Hook Grip
- Rack Grip
- Press Grip



## #5 SNATCH

Ideal for full body integrated strength, explosiveness, heart rate training and calorie burning.

### PRIMARY MUSCLES WORKED

- Glutes
- Hamstrings
- Forearms

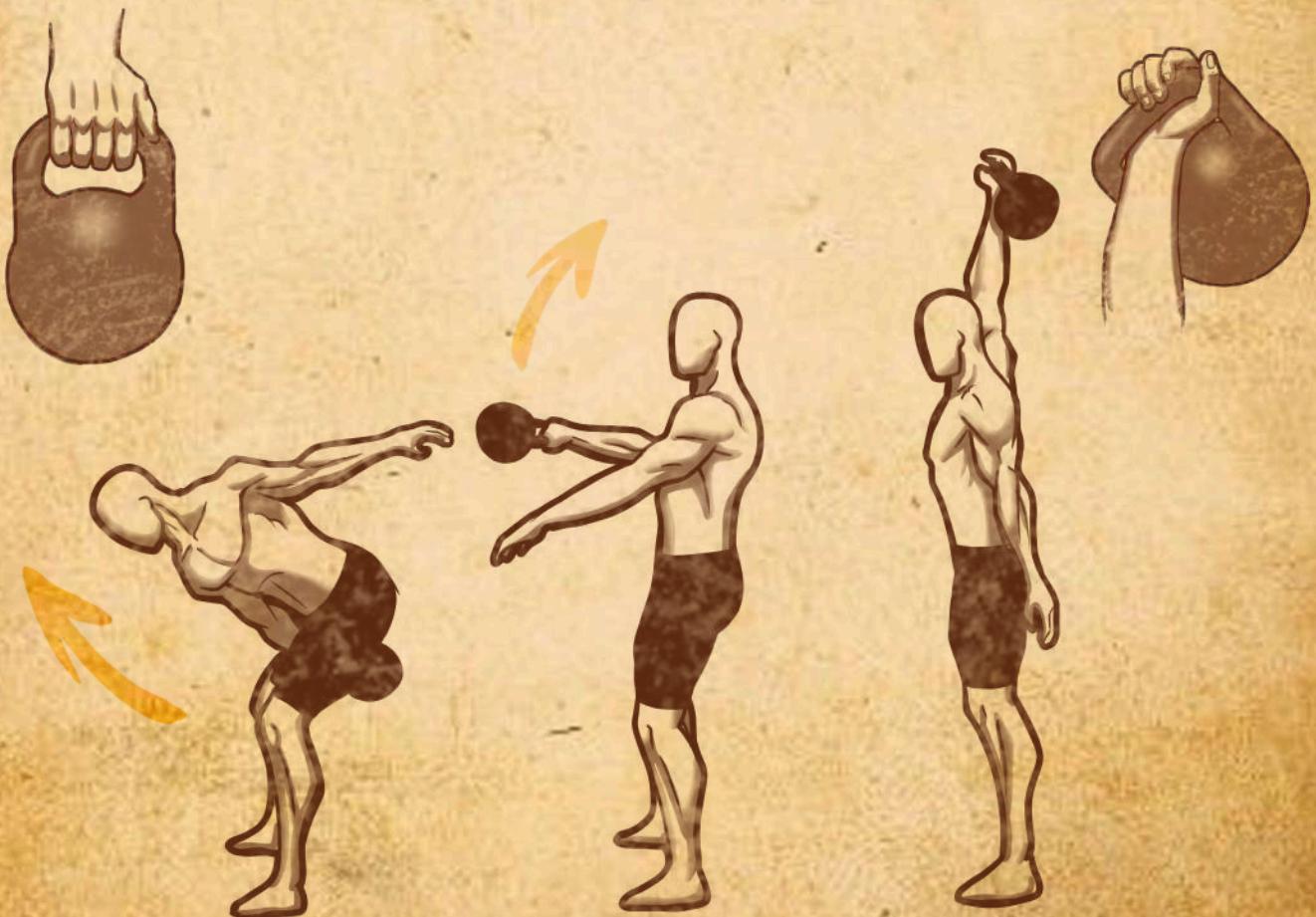
### SECONDARY MUSCLES WORKED

- Abdominals
- Quads
- Traps
- Paraspinals
- Deltoids
- Adductors
- Serratus Anterior
- Upper Back



### GRIPS

- Hook Grip
- Press Grip



## #6 TURKISH GET UP

Ideal for mobility, posture, body awareness, rehab, shoulder stability and full body functionality.

### PRIMARY MUSCLES WORKED

- Obliques
- Rotator Cuff
- Rhomboids
- Glutes
- Paraspinals
- Quads
- Deltoids



### SECONDARY MUSCLES WORKED

- Abdominals
- Adductors
- Triceps
- Hamstrings
- Pectorals
- Serratus Anterior
- Hip Flexors

### GRIPS

- Press Grip



# SUPPLEMENTARY KETTLEBELL EXERCISES

## #1 GORILLA ROW

Ideal for upper back strength, thoracic extension strength and mobility and rotational strength.

### PRIMARY MUSCLES WORKED

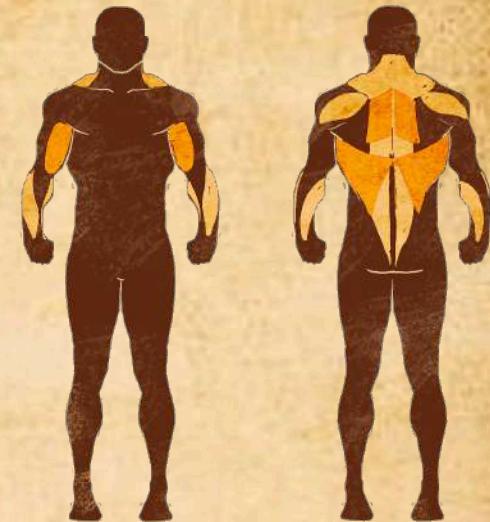
- Rhomboids
- Lats
- Biceps

### SECONDARY MUSCLES WORKED

- Paraspinals
- Forearms
- Trapezius
- Rear Delt

### GRIPS

- Hook Grip



## #2 RACKED REVERSE LUNGE

Ideal for split stance leg strength, core stability and hip mobility.

### PRIMARY MUSCLES WORKED

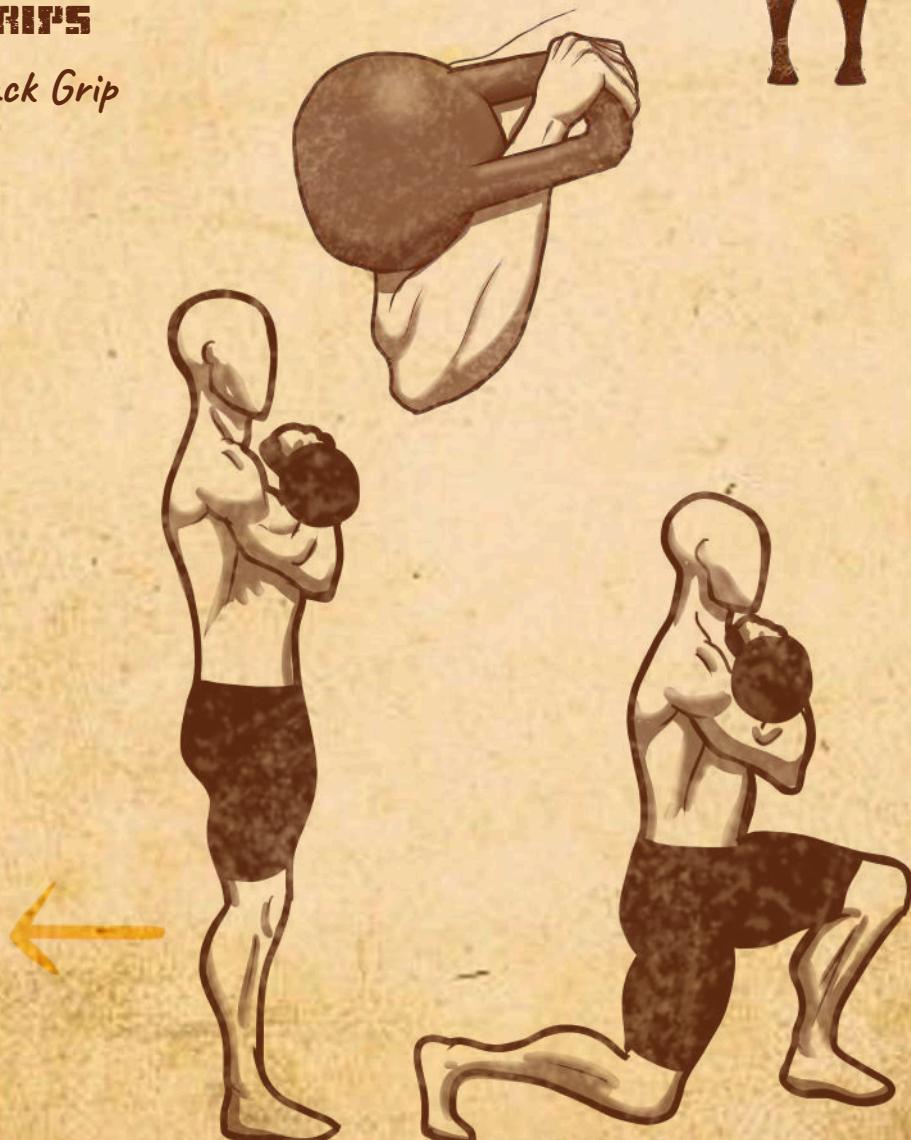
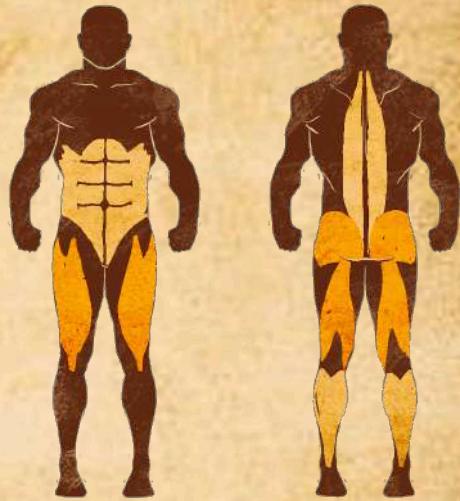
- Quads
- Hamstrings
- Glutes

### SECONDARY MUSCLES WORKED

- Obliques
- Abdominals
- Paraspinals
- Calves

### GRIPS

- Rack Grip



## #3 KETTLEBELL ROMANIAN DEADLIFT

Ideal for hamstring strength, hip hinge training, hamstring mobility and lower back health.

### PRIMARY MUSCLES WORKED

- Hamstrings
- Glutes
- Paraspinals

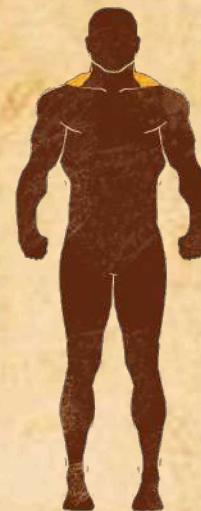
### SECONDARY MUSCLES WORKED

- Trapezius
- Lats

### GRIPS

Hook Grip

Double Hand



or



## 14 OVERHEAD CARRY

Ideal for full body integration, shoulder health and stability, posture and spinal health.

### PRIMARY MUSCLES WORKED

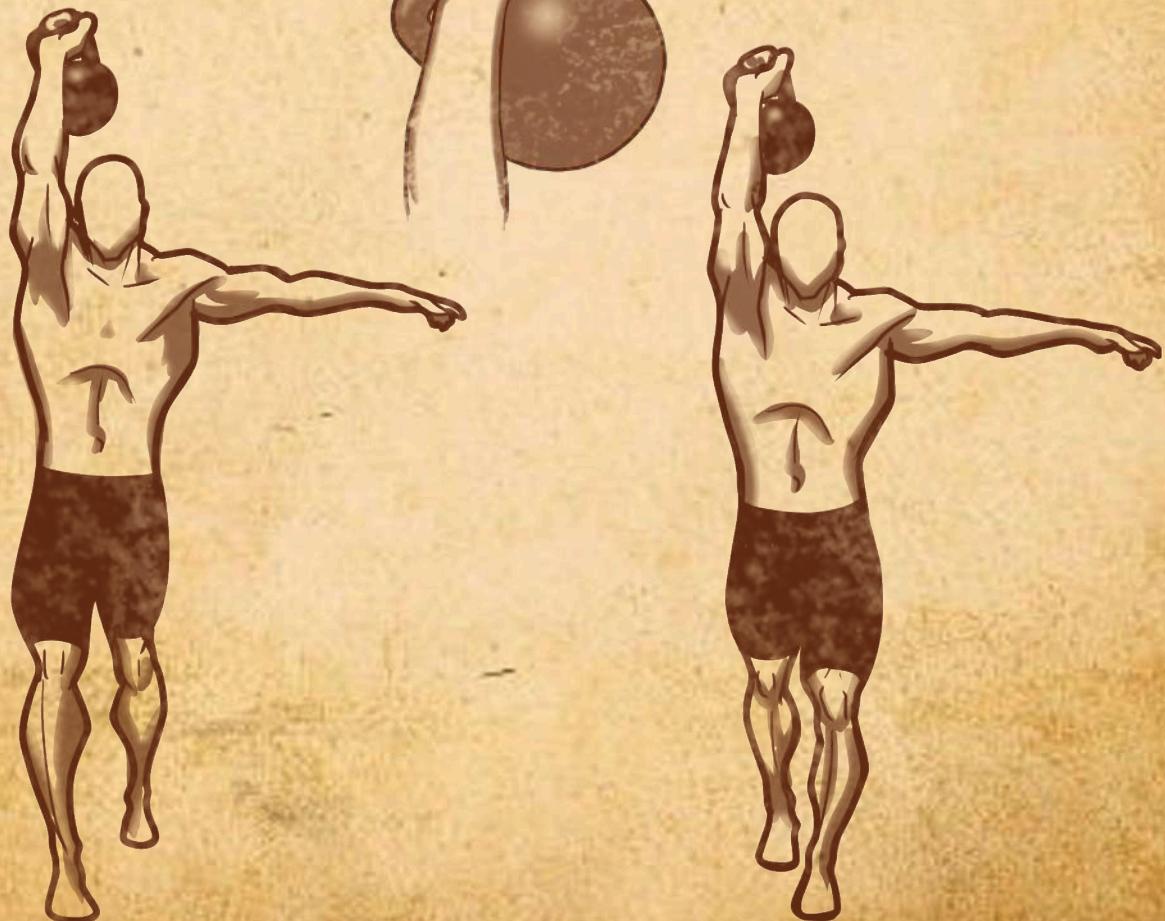
- Trapezius
- Deltoids
- Rhomboids
- Rotator Cuff
- Serratus Anterior

### SECONDARY MUSCLES WORKED

- Abdominals
- Obliques
- Quads
- Calves
- Glutes
- Paraspinals

### GRIPS

- Press Grip



## #5 KETTLEBELL HALO

Ideal for all around shoulder development, shoulder strength and shoulder health.

### PRIMARY MUSCLES WORKED

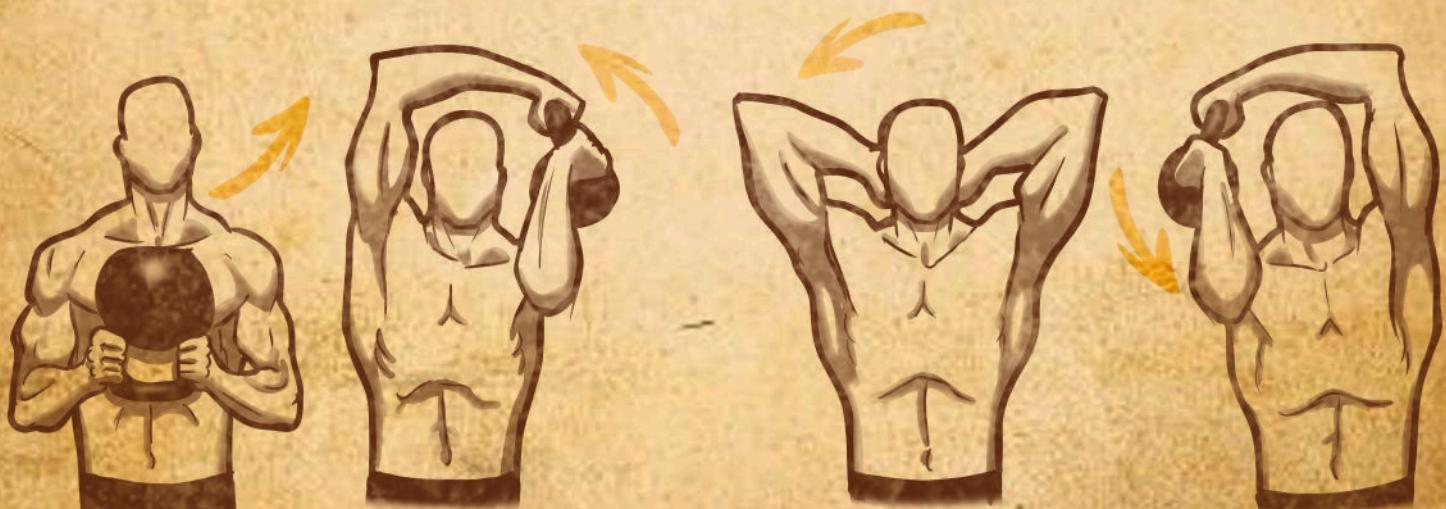
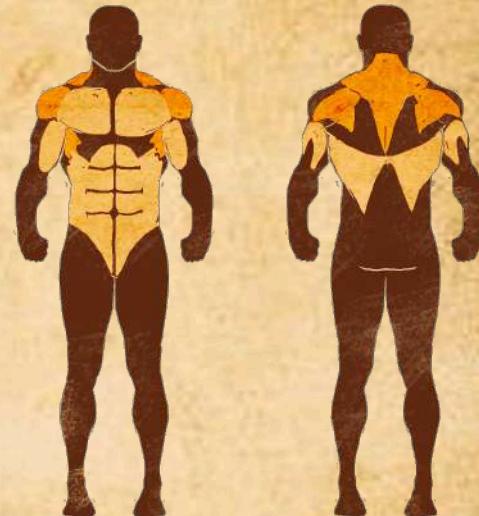
- Deltoids
- Trapezius
- Rotator Cuff
- Serratus

### SECONDARY MUSCLES WORKED

- Triceps
- Abdominals
- Obliques
- Pectorals
- Lats

### GRIPS

- Horn Grip (upside down variation)





## 16 WINDMILL

Ideal for oblique strength, hip mobility, core stability, and shoulder stability.

### PRIMARY MUSCLES WORKED

- Obliques
- Hip Flexors
- Rhomboids
- Serratus Anterior

### SECONDARY MUSCLES WORKED

- Glutes
- Hamstrings
- Deltoids

### GRIPS

- Press Grip



# BONUS SAMPLE PROGRAMS

## #1 THE PREPARATION PROGRAM

This is a 2-4 week program for those that have not been recently lifting, do not have a good hip hinge or shoulder mobility, or those that otherwise feel they just need a few weeks to break the body in. This program is not meant to beat up the body and is more about learning skills, honing muscle control, and preparing the body. Don't worry about how fast you do the workout, simply get the reps in while being very mindful of your form. Be sure to warm up well and add in stretching after workouts and on off days during this phase.

Program is 2 days per week with a break in between, for instance a Monday workout and a Thursday workout or perhaps a Wednesday and Saturday schedule.



Romanian Dead Lift



Gorilla Row



Goblet Squat



Swing



Reverse Lunge



Single Arm Press



Overhead Carry

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Romanian Dead lifts 3 sets of 5 reps	Rest	Rest	2 Handed Swings 3 set of 10 reps	Rest	Rest	Rest
Alternating Gorilla Rows 3 sets of 10 reps (5 reps on each arm)			Single Arm Press 3 sets of 5 reps on each arm			
Goblet Squats 3 sets of 5 reps			Racked Reverse Lunge 2 sets of 6 reps on each side			
Single arm Overhead Carries 2 sets of 30 seconds on each arm			Single Arm Overhead Carries 2 sets of 30 seconds on each side			

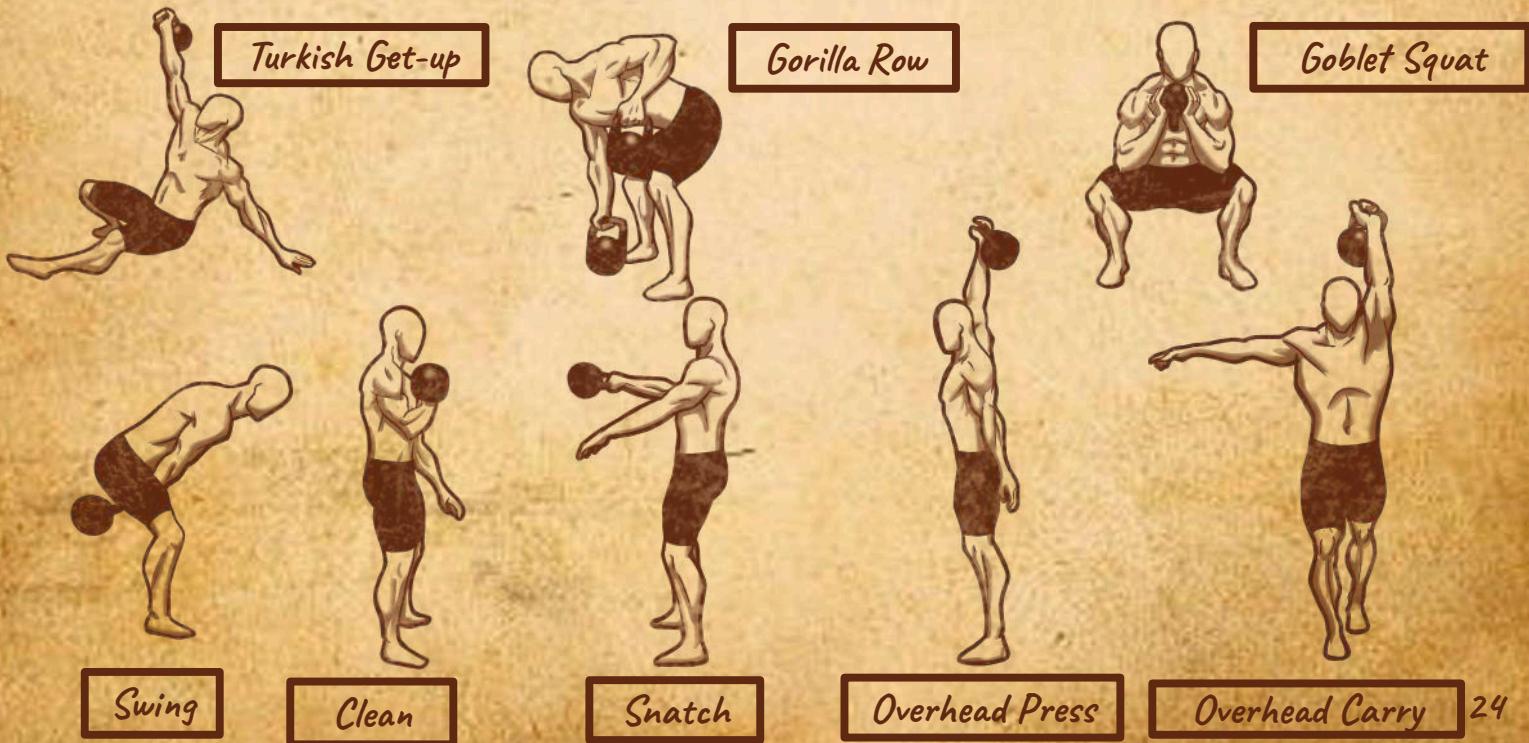
## #2 BEGINNER KETTLEBELL PROGRAM

This program is closer to a classic kettlebell style workout, however it still has some preparation lifts as well as some preparatory movements which will be advanced in the classic routine. As always be mindful of form, listen to the body and be sure to warm up beforehand and stretch afterwards.

This program is three days a week, two of the days are the primary workout grind while the third is an opportunity to develop skill in the clean and learn the Turkish get up while also implementing the overhead carry to continue opening up the shoulder complex. Do not go heavy on Turkish get-ups, they are mainly for functionality, stability and mobility and are dangerous at heavy weights, focus on perfecting each stage of the lift.

Progress each lift by increasing reps as needed. Once the 5 rep sets get to 10 go ahead and move up in weight and drop reps back down to 5. When the 10 rep sets reach 20 move up in weight and move reps back down to 12.

\* This program also alternates between heavy (H) and light (L) days for the primary exercises. Use a heavier weight on the heavy days for each exercise. If you do not have multiple kettlebells and must do all exercises with the same weight, simply add 2 sets to each exercise deemed heavy.



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
2 Handed Swings (H) 3 sets of 10 reps	Rest	Single Hand Cleans 2 sets of 5 reps each hand	Rest	2 Handed Swings (L) 3 sets of 12	Rest	Rest
Alternating Gorilla Rows 3 sets of 10 reps (5 reps on each arm)		Overhead Carry 2 sets of 45 seconds on each side		Goblet Squats (H) 3 sets of 5		
Goblet Squats 3 sets of 5 reps		Turkish Get-ups 2 sets of 5 reps on each side		Single Arm Press (L) 3 sets of 5 reps on each arm		
Single Arm Press (H) 3 sets of 5 reps on each arm				Alternating Gorilla Rows (H) 3 sets of 10 reps (5 reps on each arm)		

## 43 CLASSIC HARD STYLE PROGRAM

This program is a classic hard style kettlebell program and variations of it are seen in many different programs. Once this type of program is adapted to, you can begin adding supplemental exercises as you feel your body can handle it.

This program is 4 or 5 days a week depending on your preference. The optional fifth day is for kettlebell snatches.

Progress each lift by increasing reps as needed. Once the 5 rep sets get to 10 go ahead and move up in weight and drop reps back down to 5. When the 10 rep sets reach 20 move up in weight and move reps back down to 12.

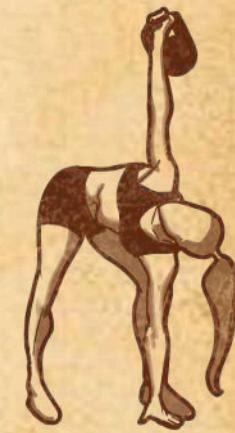
\*Snatches are put by themselves so the skill of them can be focused on and because they are a full body exercise all to themselves. Also they can be very difficult on the grip so be mindful of your hands.



Snatch



Halo



Windmill



Swing



Gorilla Row



Goblet Squat



Clean and Press



Turkish Get-up

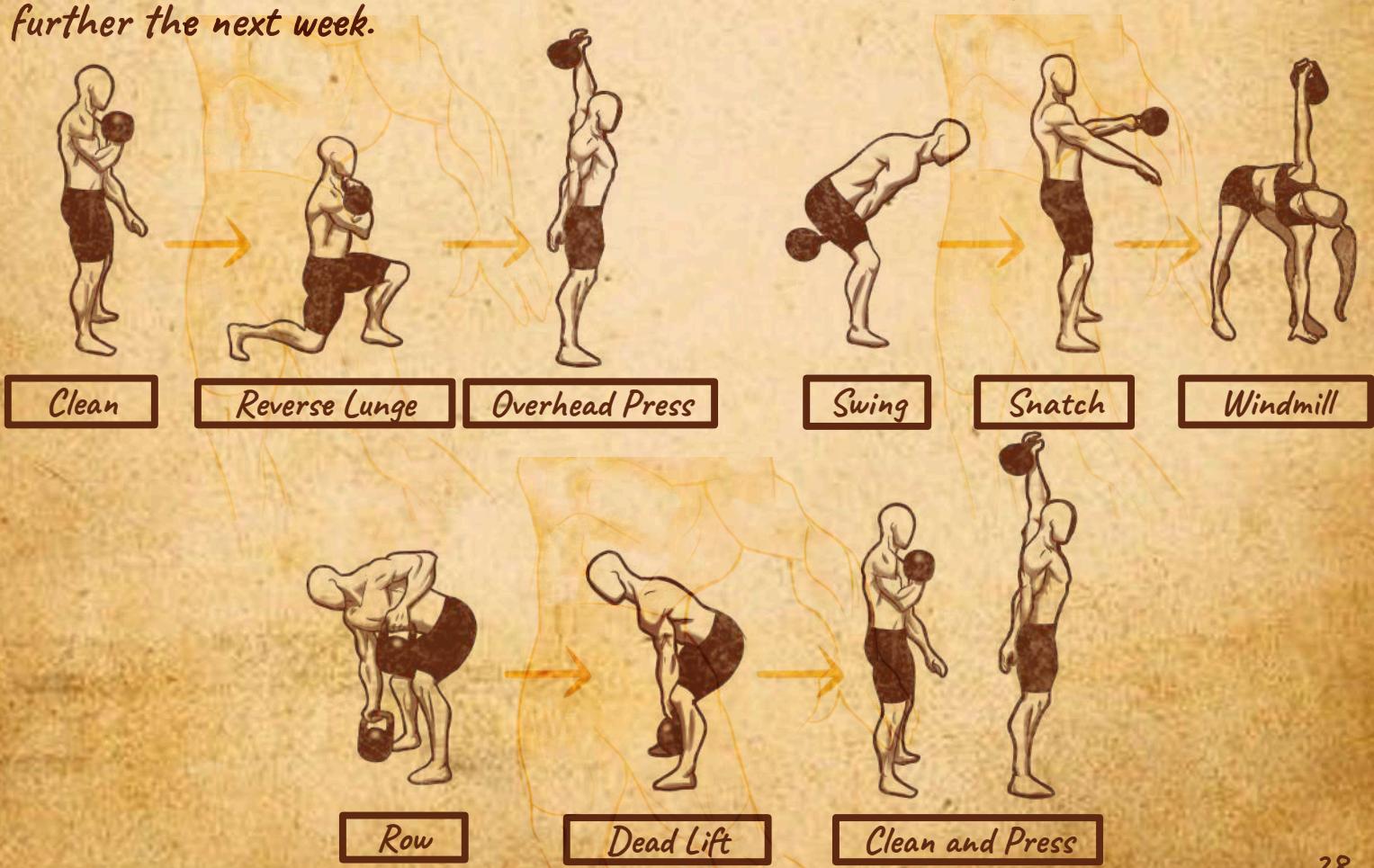
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>Single arm Clean and Press (H) 2 sets of 10 reps on each side</p>	<p>2 Handed Swings (L) 3 sets of 10 reps</p>	<p>Rest</p>	<p>Single arm Clean and Press (L) 2 sets of 10 reps on each side</p>	<p>2 Handed Swings (H) 3 sets of 10 reps</p>	<p>*Optional day</p> <p>Snatches 2 sets of 5- 10 reps on each side</p>	<p>Rest</p>
<p>Turkish Get-up 2 sets of 5 reps on each side</p>	<p>Goblet Squats (H) 3 sets of 5 reps</p>		<p>Turkish Get- ups 2 sets of 5 reps on each side</p>	<p>Goblet Squats (L) 3 sets of 5 reps</p>		
<p>Alternating Gorilla Rows (L) 3 sets of 10 reps (five on each side)</p>	<p>Windmills sets of 5 reps on each side</p>		<p>Alternating Gorilla Rows (H) 3 sets of 10 reps (five on each side)</p>	<p>Halos 2 sets of 5 reps on each side</p>		

## FLOW CIRCUITS PROGRAM

Flow workouts usually focus on one flow that is done with short breaks between and then repeated as much as can be done within a 20-30 minute time frame. The workouts are progressed over the weeks by either increasing weight, or by increasing the repetitions of the flow done in the allotted time frame.

You can also preset a specific number of flow repetitions with a specified length break between each. The program below shows three flows, one for each day during a three day per week workout schedule. Each will start with 10 repetitions and be progressed by performing an extra repetition of each per week until you reach 15 repetitions. Once you reach 15 repetitions, progress towards strength by increasing the weight and dropping back to 10 repetitions, or progress towards endurance and fat burning by decreasing the break between each set down to 20 seconds.

Be sure to alternate hands after each repetition and if at any point your form falters, either due to pain or fatigue, stop the workout and try to progress further the next week.



<i>Day 1</i>	<i>Single arm Clean &gt; Racked Reverse Lunge &gt; Single arm Press</i> <i>10 repetitions with 30 second break between each</i>
<i>Day 2</i>	<i>Rest</i>
<i>Day 3</i>	<i>Two Handed Swing &gt; Snatch &gt; Windmill</i> <i>10 repetitions with 30 second break between each</i>
<i>Day 4</i>	<i>Rest</i>
<i>Day 5</i>	<i>Single arm row &gt; Single arm Dead lift &gt; Single arm Clean and Press</i> <i>10 repetitions with 30 second break between each</i>
<i>Day 6</i>	<i>Rest</i>
<i>Day 7</i>	<i>Rest</i>

# BUYING GUIDE

Buying your own kettlebells is a great way to start a minimalist home gym or easily take your fitness routine on the road if you have to travel a lot. There is an initial start up cost but it's less than other, larger strength training equipment like a barbell or dumbbell set. It's also cheaper than the continual cost of a gym membership.

However there are obviously startup costs and a whole set of kettlebells can be pricey to buy all at once. Luckily it doesn't take many kettlebells to get started and the collection can slowly grow as your strength and skill increase.

Below are some basic buying tips and links to some of the different types of kettlebells discussed in this ebook.

## Tip #1. Kettlebell Weight

If only starting off with one kettlebell, buy a kettlebell at an appropriate weight to allow you to perform the classic compound lifts. See the chart on page 4 for suggestions.

If starting with two kettlebells, get the first at the previously stated weight and one more that is 4 - 8 kg lighter in order to perform supplementary lifts with. Then acquire a heavier kettlebell every 3 months or so as strength increases.

## Tip #2. Kettlebell Finish

The finish of many cheap or low quality kettlebells is rough or contains artifacts left over from the casting process. Either you will want to buy a quality kettlebell with a smooth finish or sand down the kettlebell. Chalking the hands will also help in either case.

Also cast iron kettlebells can rust rather quickly if not powder coated.

## Tip #3. Kettlebell Shape

The shape of the handle and bell is important for the safety and comfort of the lifter. If the handle is too thick or the wrong height it will be difficult to handle and even worse, the bell may rest on the wrist instead of under it (a painful issue to have).

Quality cast iron kettlebells from reputable companies are usually designed with these considerations in mind. Personally I like lifting with competition kettlebells as they are standardized in shape and are designed for comfortable lifting.

Lately a number of adjustable kettlebells have hit the market and with only a few exceptions, most have terrible handle and bell shapes. If this is a route you want to go be sure to one with a standardized competition shape or quality cast iron shape.

Below are some links to reputable , quality kettlebells to help get you started. Hope you've enjoyed the book and best of luck in your kettlebell journey!

#### **- HARDSTYLE KETTLEBELLS**

[Kettlebell Inc -Cast Iron Kettlebells](#)

[Rogue Fitness -Powder Coated Kettlebells](#)

[Amazon.com -Hard Style Kettlebells](#)



#### **- COMPETITION KETTLEBELLS**

[Kettlebell Inc -Competition Kettlebells](#)

[Rogue Fitness- Competition Kettlebells](#)

[Amazon.com -Competition Kettlebells](#)



#### **- ADJUSTABLE KETTLEBELLS**

[Kettlebell Kings- Adjustable Kettlebell](#)

[Amazon.com- Adjustable Kettlebell](#)

[Rogue Fitness- Adjustable Kettlebell](#)



#### **- ALTERNATIVE KETTLEBELLS**

[Rubber Banditz- Aqua Kettlebell-](#)

[Amazon.com -Sand Bag Kettlebells](#)

[Rogue Fitness -Sand Kettlebells](#)



## ABOUT THE AUTHOR



Josh is a content creator, illustrator and neuromuscular therapist residing in the United States. He grew up running through the woods, pretending to be a ninja and playing sports in his neighborhood. When he was a teenager he began competitive boxing but was so riddled with injuries after 10 years he had to hang up the gloves.

This started a lifelong interest in human movement, fitness , injury prevention and rehabilitation. Along the path he coached boxing, kickboxing, parkour, gymnastics and natural human movement before becoming a neuromuscular therapist. As a neuromuscular therapist he's worked with pro athletes from the NFL, MLB , Crossfit, USTA, and PGA as well as NCAA and Olympic athletes.

He 's currently taking what he's learned along his path and sharing it through content creation at [moversodyssey.com](http://moversodyssey.com). Though the path never ends and he can still be found on any given day geeking out on various martial arts, movement systems or strength based training systems .