

Dates: \_\_\_\_\_  
 Week #: \_\_\_\_\_

# Training Journal

Before using your fitness journal, make copies for future use.

Today's Focus: Upper Body  Lower Body  Abs

DAY 1:	CARDIO WORKOUT				STRENGTH TRAINING		
	Activity	Minutes	Distance	Exercise	Set 1	Set 2	Set 3
Warmup? Yes <input type="radio"/> No <input type="radio"/>							
Stretching? Yes <input type="radio"/> No <input type="radio"/>							
Cool Down? Yes <input type="radio"/> No <input type="radio"/>							

Today's Focus: Upper Body  Lower Body  Abs

DAY 2:	CARDIO WORKOUT				STRENGTH TRAINING		
	Activity	Minutes	Distance	Exercise	Set 1	Set 2	Set 3
Warmup? Yes <input type="radio"/> No <input type="radio"/>							
Stretching? Yes <input type="radio"/> No <input type="radio"/>							
Cool Down? Yes <input type="radio"/> No <input type="radio"/>							

Today's Focus: Upper Body  Lower Body  Abs

DAY 3:	CARDIO WORKOUT				STRENGTH TRAINING		
	Activity	Minutes	Distance	Exercise	Set 1	Set 2	Set 3
Warmup? Yes <input type="radio"/> No <input type="radio"/>							
Stretching? Yes <input type="radio"/> No <input type="radio"/>							
Cool Down? Yes <input type="radio"/> No <input type="radio"/>							

Today's Focus: Upper Body  Lower Body  Abs

DAY 4:	CARDIO WORKOUT				STRENGTH TRAINING		
	Activity	Minutes	Distance	Exercise	Set 1	Set 2	Set 3
Warmup? Yes <input type="radio"/> No <input type="radio"/>							
Stretching? Yes <input type="radio"/> No <input type="radio"/>							
Cool Down? Yes <input type="radio"/> No <input type="radio"/>							

Today's Focus: Upper Body  Lower Body  Abs

DAY 5:	CARDIO WORKOUT				STRENGTH TRAINING		
	Activity	Minutes	Distance	Exercise	Set 1	Set 2	Set 3
Warmup? Yes <input type="radio"/> No <input type="radio"/>							
Stretching? Yes <input type="radio"/> No <input type="radio"/>							
Cool Down? Yes <input type="radio"/> No <input type="radio"/>							



# RUSSIAN KETTLE WEIGHT FITNESS GUIDE

READ THE INSTRUCTIONS BELOW BEFORE USING PRODUCT



**CAUTION:**

- Before use, check for wear or damage to the Russian Kettle Weight.
- Do not use if your product is worn or damaged.
- This is not a toy. Keep out of reach of children.
- Exercises should be done in a SLOW and CONTROLLED manner.
- Always consult a physician before performing any physical activity.
- Drink plenty of fluids before, during and after exercising.

**INSTRUCTIONS**

- Before you begin, imitate and practice all exercises WITHOUT product until you are able to perform the movements with confidence. Then begin exercising with the product.
- Perform 1-2 sets of 10 to 15 repetitions during each exercise session. Rest approximately 30-60 seconds between sets.
- If unable to perform 10 to 15 repetitions, start with less repetition and slowly work your way up to the desired goal.
- If unable to achieve maximum muscular fatigue following the performance of 15 repetitions, cautiously add more repetitions

**For Products purchased in the United States: Limited Warranty**

Sports and Leisure Technology (referred to as the "Warrantor"), will repair or replace this product with new or refurbished parts or product, at Warrantor's sole option, free of charge, in the U.S.A. in the event of a defect in materials or workmanship for one (1) year from the date of original purchase.

To obtain warranty service on your product or a replacement, you may return it to:  
 EB Sport Group Customer Service, 4 Executive Plaza, Yonkers, NY, 10701, USA.

IF THE UNIT IS RETURNED FOR SERVICING, ENCLOSE \$7.50 FOR POSTAGE AND HANDLING. SEND YOUR UNIT INSURED TO OUR SERVICE DEPARTMENT.

This warranty does not cover damage which occurs in shipment or failures which are caused by other products not supplied by Sports and Leisure Technology, or failures which result from normal wear, accident misuse, abuse, neglect, mishandling, misapplication, alteration, modification, overloading the product beyond its rated capacity, using the product with an improper accessory or adjustments/repairs/service by anyone other than an authorized Sports and Leisure Technology personnel, or damage that is attributable to acts of God.

**Limits & Exclusions**

There are no express warranties except as listed above. EB SPORT GROUP SHALL NOT BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES RESULTING FROM THE USE OF THIS PRODUCT, OR ARISING OUT OF ANY BREACH OF THIS WARRANTY. ALL EXPRESS AND IMPLIED WARRANTIES, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, ARE LIMITED TO THE APPLICABLE WARRANTY PERIOD SET FORTH ABOVE.

This limited warranty gives you specific legal rights and you may also have other rights, which vary from state to state in the USA.

**For purchases made in the UK:**

Should you experience problems with this item, please return it to the point of purchase. This will not affect your statutory rights. Alternatively return it to the address shown below for a repair/replacement:

StarCase (UK) Ltd, Berkeley Business Park,  
 Wainwright Road, Worcester WR4 9FA

## ARM CURLS Muscles Utilized: Biceps



Begin with a Russian Kettle Weight in your right hand, arm bent at a 90 degree angle. Hold the weight securely with the handle, palm facing up.

Start by lifting the Kettle Weight up to shoulder height.

Finish by lowering the dumbbells to the starting position.

Begin with 10-15 repetitions. Repeat.

## SINGLE ARM ROW Muscles Utilized: Shoulder



Begin by holding the handle of your Russian Kettle Weight in your right hand. Arm straight resting in front of your body, palm facing in.

Start by lifting the weight up until the weight is at chest height with the arm bent.

Finish by slowly lowering the weight back down to the starting position.

Begin with 10-15 repetitions. Repeat.

## DOUBLE ARM TRICEP EXTENSION Muscles Utilized: Triceps



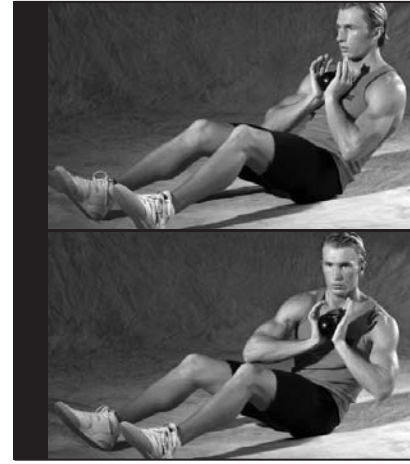
Begin by holding the ball of the Russian Kettle weight with both hands, arms at a 90 degree angle with hands resting behind the head. Feet shoulder width apart.

Start by lifting the hands and weight up above the head until the arms are fully extended.

Finish by lower the hands back down to the starting position.

Begin with 10-15 repetitions. Repeat.

## ABDOMINAL TWIST Muscles Utilized: Abdominals



Begin by lying on your back (a mat may be used for cushion) holding the ball of the Kettle Weight with both hands at chest height. Upper body lifting off the floor in a crunch position.

Start by twist the upper body to the left.

Finish twist back to the crunch position.

Begin with 10-15 repetitions. Repeat.

## UP RIGHT ROW Muscles Utilized: Shoulders



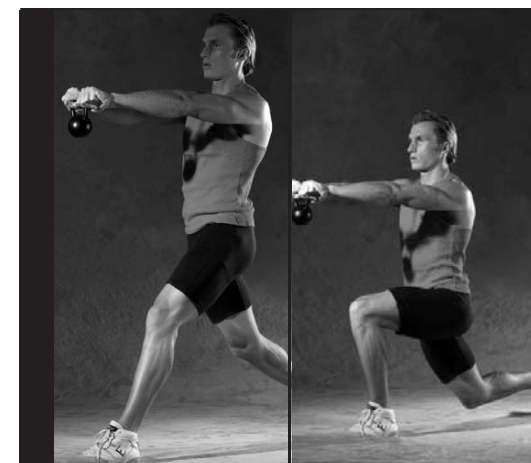
Begin by holding the handle of the Russian Kettle Weight with both hands. Arms bent with hands resting at hip level, palms facing in.

Start by lifting the hands and elbows up, raising the weight to chest height.

Finish by lower the weight back down to the starting position.

Begin with 10-15 repetitions. Repeat.

## Lunge Muscles Utilized: Quads and Calf



Begin by holding the handle of the Russian Kettle Weight with both hands. Extend arms straight in front of the body with palms facing down. Left leg out in front with foot flat on the floor. Right leg should be extending behind you with heel raised off the floor.

Start by lunging forward, front leg should come down to a 90 degree angle, knee aligned with ankle. Back leg should be bent with knee almost touching the floor.

Finish by returning to the starting position.

Begin with 10-15 repetitions. Repeat.