



**DYNAMIC SPORT**  
P E R F O R M A N C E



**THE BEST WORKOUT YOU'RE NOT DOING.....**

## **INTRO KETTLEBELL CLASS**

- **#1 tool for boosting explosive power, building strength and endurance, and rehabbing injuries**
- **For people of all ages and fitness levels**

**TAUGHT BY RKC TEAM LEAD REKHA AYALUR**

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