



TEST DRIVE

## Kettlebell Workout

AT CONDITION KETTLEBELL GYM, owner/trainer Delaine Ross guarantees a strength, flexibility, and cardio workout via traditional Russian kettlebells. The moves sound simple enough—*swings, cleans, snatches, squats*—but put them together and add a cast-iron cannonball with a handle, and you've got something powerful on your hands.

To learn safe and proper technique, I attended a mandatory one-and-a-half-hour beginner's workshop. Each movement begins with the basic "swing," where you heave the weight back between the legs and thrust it out in front of the body. I was flattered when Ross said I was doing great but hesitated when she warned about purple wrists. Purple wrists, you say? Apparently, during moves such as the "clean," in which the kettlebell is rotated around the forearm and rested on the wrist, the weight may strike and bruise you. Equally daunting is the "get-up," where you lie on the floor and lift the kettlebell with one arm, then use your other arm and legs to stand up. *Then*, while keeping the kettlebell in the air, you revert to the initial position. Try doing this without hitting yourself in the head.

Actual classes are more intense. Forty-five minutes with Ross had my biceps, abs, and hamstrings doing triple time. As long as you don't overdo reps or lift weights that are too heavy, anyone can use kettlebells, says Ross. She's concerned with form, not quantity—which is why after two sessions my wrists remain their God-given shade of caramel. Prices range from \$20 per class to \$130 a month; sign up for the \$35 beginner's workshop and get a week of free classes. *Condition Kettlebell Gym, 659 Auburn Avenue, Unit 157; 4150 Old Milton Parkway, Unit 118, Alpharetta, 404-380-1111, gymcondition.com.* —CIARA WALKER