

Sneak Peek: Kettle Bells 101

[MUSIC PLAYING]

RAMON SODANO: What are you doing?

MORGAINE: Ah, working with a kettle bell.

RAMON SODANO: You can do it like that but you are not going to get the results you want.

I'm Ramon. I'd like to teach you how to properly use the kettle bell.

Join us on February 7th for a new webinar Kettle Bells 101.

[GLASS BREAKING]

Morgaine! I got to go.

[MUSIC PLAYING]