



# Kettle Bells and Medicine Balls



**Free Continuing Ed all Fit-X Pros ONLY!**

**Do More with Kettle Bells and Medicine Balls**

With your clients and in your classes and learn how to convert those challenging Kettle Bell moves to D-Bells for sites w/out K-Bells

**Saturday, March 24th, 2012**

**12:30pm-2:30pm Medicine Balls (.2 ACE cec's)**

**2:30pm-4:30pm Kettle Bells (.2 ACE cec's)**

**At Scripps Ranch Swim and Racquet Club**

**With Special Guest Presenter:**

***Mike Diebler, MS, CSCS***



**Event Location:**

Scripps Ranch Swim and Racquet Club  
9875 Aviary San Diego, CA 92131

**RSVP Instructions:**

E-mail your name and event to  
fitx@fitxsandiego.com  
By Monday 3/19/12.



Mike is the owner of San Diego Premier Training, a private personal training studio located in San Diego, CA. He is also the founder of "My Workout Creator" an online exercise programming system. Mike is a Certified Strength and Conditioning Specialist (NSCA-CSCS) with a BS in Kinesiology from the University of Connecticut and an MS in Exercise and Sport Sciences from the University of Florida at Gainesville. A former All American in Track and Field for the University of Connecticut, Mike combines his success in the athletic world with his extensive education to become an elite fitness consultant and mentor for newly certified personal trainers. As a personal trainer and Boot Camp leader, Mike has helped hundreds of individuals reach their full fitness potential. Specializing in program design for athletes, functional training, and fat loss training for busy executives, Mike is also a certified personal trainer through ACE and NASM. Mike joined our faculty in 2008.

**Registration Guidelines**

- You must be an active Fit-X San Diego or Fit-X Orange County Associate to attend this FREE training
- You must reserve your space for Continuing Education events by the Monday prior to each event
- To reserve your space, please e-mail your name and what event you are RSVPing for to fitx@fitxsandiego.com or call 858-715-8611.
- Drop in rate is \$20.00 at the door if you have not rsvp'd/registered by the deadline date.

**FIT-X SAN DIEGO**

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