

## ***Kettlebell Secrets Insider Coaching*** **Case Study: Debbie Hayes**

**“Over 40’ Mother And Trainer Experiences Instantaneous Results: Kicks Pain To The Curb, Reclaims Former Personal Records, Cuts Chiro Visits By 90%, And Finally Gets Her Body Back.”**

This program has been literally a God send for me. When I started eight months ago, I was consistently suffering from pain in my elbow and shoulder. I had gone from being able to press the 24kg bell with relative ease to only being able to press the 8kg with pain. My stress level was incredibly high, to the point I could not recover from my workouts.



Debbie and her husband:  
Memorial Day Weekend 2015.  
Just finishing up Month 8.

Here is an email I sent Geoff one week after starting my program:

*"Ok, this is cool. I can tell a difference (improvement) just from the last time I did workout B. Shoulder is better...still a little uncomfortable, but from what I felt in the seated press today, it's primarily my elbow. My chiropractor has said on a scale of 1-10 for tendinitis, I am a 3. After this week, really working the warmup, concentrating on form, my massage therapist finally got my cemented scapula to let go. Still some dysfunction going on, but it's definitely better."*

One month in I sent Geoff this update:

*"My TGU is like a completely new exercise. Amazing considering I have been using KBs for almost 10 years...Shoulder feels better every week. I can press the 8kg for 15 reps with no pain in the V seated press now. Little tinge with the 12kg. My hip flexors feel weird....meaning they're not wound tight, and since that isn't my norm, they feel weird. Crazy!"*

This program allowed me to continue to train, rather than add even more stress to my body while I was in pain and over stressed. It was a switch for me to lay off heavy weights and even take more rest days than training days! What amazed me was how it agreed with my body and it responded well. I began to lose weight, inches, and pain began to subside.

At three months, I sent Geoff this email:

*"I was at Disney earlier this week ( I have taken my kiddos the last 3 years for my daughter's birthday). What's really cool is I can remember being here last year and trying to squeeze a workout in and I specifically remember being in pain...I couldn't do a pistol or a handstand without pain, and I remember all the walking made my hips hurt and I was stiff from the rides. I looked forward to leaving the parks as soon as I could so I could sit down. What a difference a year makes! I came home not nearly as "exhausted" as before, no urgent need to get to the chiropractor, and no pain in my hips or shoulders. Walking was my workout the majority of the days, but I did my mobility warmup everyday and played around with some pistols, handstand pushups from a headstand, one arm pushups, and Lsits during the week too....all of which I was easily able to do with NO pain.... Last month's strength focus allowed me to hit some PRs as well as get back to some of my previous bests. I hit a 32kg single leg deadlift on both sides, got back to a 32kg TGU, bottoms up pressed a 16kg for 3 reps on the right, 2 reps on the left (new PRs), and pressed the 20kg for 5/5 (a previous PR.)"*

The best thing, however, is that until Geoff's program, I had began to accept in my mind that I would just have pain continually and there were exercises I just wasn't going to be able to do anymore. I had believed the stereotype that now that I was "over 40" I just couldn't do certain exercises. 'What 40 year old NEEDS to do weighted pullups? Or one arm pushups? Or handstand push-ups..really?'

Well, it hit me all of a sudden about 3 months into the program while I was getting ready that I wasn't hurting...my back wasn't catching, my elbow wasn't screaming, my hips weren't in pain, and my shoulders weren't hurting. I was amazed....and at this point, I just \*had\* to know if I could do some of the exercises I had convinced myself I was too old and broken down to do. I started with one arm pushups...got 3 reps each side. I tried my weighted pullup and pistol and I was satisfied to get each with the 16kg and I didn't attempt to go any further.

Geoff does all the program engineering for you. The mobility focused months helped me move and feel better, the fat loss focus months helped get me leaner, the strength focus months allowed me to hit some PRs, as well as get back to some of my previous bests. The muscle building months were my favorite. I have cut my chiropractor visits down to a fraction of what I used to need. I have been 3 times in 8 months, compared to my usual 2-5 times per month. My chiropractor told me at my last visit (he's been my doctor since 2011) that my movement was "different" and much improved. Over the eight months, I have lost 10 pounds and several inches over my entire body.

Some of the programs I did before did not include much of a "mobility" component....and even if they did, I skimped on that part so I could get to the "heavy" stuff, cause that's what I like. I've had some great programs written for me, but because of my own mobility issues, I couldn't get the full benefit. What placed this program apart is that I had Geoff's videos that I could go back to day after day, week after week, month after month so I could make sure I was doing the movement correctly. Honestly, the results from doing Geoff's warmup in month 1 were so instantaneous, I immediately realized

that this was something I needed to keep doing....my massage therapist of almost 10 years noticed my shoulders weren't cement after only a week of this program!

Although I didn't take advantage of posting myself (cause I was and still am suffering from a Facebook phobia) but I did occasionally check the page and glean additional information from the posts and certainly the information Geoff shared. I also directly emailed Geoff and he was always responsive and tuned in to help. Some of the other things I used to do was "mingle" parts of programs together to keep variety and exercises I liked.

With this program, I didn't do that, and here's why: I was almost completely broken...in the physical sense, but also in the spiritual sense. I was physically and emotionally exhausted. My body had begun to refuse to do the things I wanted it to do. My right elbow refused to let me press anymore. It just hurt too much, even the 8kg bell hurt.

That also bumped me out of pull-ups, all varieties of push-ups, and snatches. My hips hurt and I couldn't go a week without hurting my back from deadlifting. Swings even tweaked me. I was gaining weight, which further upset me. I was experiencing crazy stress in my professional and personal life. I had always managed my stress level with hard core exercise. But not this time.... I couldn't do it. I can remember breaking down during my workouts because I would "need" my workout so bad, but I couldn't do anything without hurting.... And then came the KSIC email.

I started subscribing to Geoff's emails after my 2013 SFG I certification in Boston. Trevor, Stacy and Bess raved about how great they were and how much they learned and used his programs. Of course, my fabulous trio of friends were right. Geoff is beyond top notch in his programming and training knowledge. I purchased every thing Geoff put out... Strong, Muscle, More Muscle, Rapid Beta, etc, and they were all awesome, but I didn't always "stick" exactly to the program specifications and progressions, just what I felt like doing that day.

But when I got the invitation email to join KSIC, I was in a different place. I couldn't do much of anything. I was hurting, I was going through immense personal struggles, and I didn't have the mental energy to try to program for myself. I felt like a failure. I remember Geoff's invitation said something that gave me a little hope... It said the programming would help address aches and pains. I remember thinking, 'if I could just get this elbow and shoulder better so I could press again.' I wasn't even imagining pressing "heavy" again... I just wanted to be able to press a bell without hurting.

I immediately joined and I emailed him. I told him what was going on with me physically and personally, and he was gracious and encouraging. I fully committed and trusted the program. I can say without hesitation, this program allowed me to heal..my movement improved by following Geoff's instruction, and following his programming allowed me to again take advantage of the therapeutic affects of training that I so desperately needed during this time of my life.

Just this morning I completed my last workout of month 8. It was double presses and front squats, supersets of 5, for 30 minutes with 1-2 minutes rest between sets. I used the 18kg bells. And they felt great.

Do not miss this opportunity to learn from the best in the business....Geoff provides the written workouts, the videos to show you how to do them, the group provides feedback and support, and Geoff personally responds to any questions. You have nothing to lose and everything to gain!