

## ***Kettlebell Secrets Insider Coaching*** **Case Study: Karen Gallo**

**Mother Of Two Makes Incredible Strength Gains, Avoids Injuries, Stays Motivated, AND Feels A “Great Sense Of Accomplishment” Each And Every Month**

I am a 52 year old mother of two children, ages 15 and 9. Exercise has been a routine part of my entire adult life, although my workouts have evolved from gym based (before children) to home based (after children) in order to accommodate new responsibilities and time constraints.



Although my workouts (weightlifting, bodyweight exercise, running, biking and kettlebells) have been consistent throughout the years, I had not been able to achieve significant increases in strength, range of motion, or improved movement/form. I attributed my excellent body weight and low body fat percentage to a clean diet as well as a regular exercise program.

Physically I looked well maintained, but underneath I was supported by a foundation that was too weak and dysfunctional to build real strength. Training had become akin to treading water - never drowning, but never able to swim to shore either.

Several years ago, I was introduced to Geoff Neupert through the magic of the Internet and *Kettlebell Burn*. I immediately loved the simplicity, efficiency and effectiveness of KB, and knew I wanted more of this type of programming.

### ***LOVE that smile!***

About a year ago, I purchased *Kettlebell STRONG!* and found it to be an excellent program, book and DVD set. However, I realized in order to really reap the benefits of double Kettlebells, I first needed to address my foundational issues. At the time, I didn't have a clue about where to start.

Fast forward to nine months ago when *Kettlebell Secrets Insider Coaching* program was introduced and I found my answer. An 8 month progressive program with detailed videos and online coaching by one of the most knowledgeable experts in the kettlebell community (that's a fact!). The only thing I had to do was join KSIC and do the work. And working out consistently was something I'd already been doing for the past 15 years!

I enrolled expecting KSIC to be good, but what I got was PHENOMENAL!!! The simple progression of the workouts keeps me motivated because I am able to see and feel improvement from week to week. Each workout seems to take me to the point of "achievable" challenge. I always feel a great sense of accomplishment by the end of each month and my strength gains have been incredible. In month one, I was struggling with an 8 kg press for 10 reps - now in month 8, I am easily pressing double 12 kg bells for reps of 5 and push pressing the same bells for reps of 10.

Becoming a KSIC member has been one of the smartest investments I've ever made - I save time and energy by not having to plan my own workouts - KSIC is a progressive long term plan programmed for results from month to month. I don't lose time due to injury - KSIC has helped me restore good natural movement so that I don't get injured. I don't spend money on a gym membership - the workouts can be easily and conveniently done at home. I don't need to hire a trainer - Geoff is one of the greatest kettlebell coaches in the industry. It's a privilege to be able to work with him, have him troubleshoot my problems and answer all my training questions. I do believe that adds up to a heck of a lot more than the cost of a KSIC membership! Geoff Neupert's online coaching expertise alone is worth more than the monthly KSIC membership subscription.

In a nutshell, KSIC is the greatest training tool I have ever experienced. I finally feel that not only have I learned to swim, but I could actually win a gold medal.