

Stamina Products Teams with Kathy Smith for Kettlebell Solution

SPRINGFIELD, Mo., April 8 (SEND2PRESS NEWSWIRE) – Stamina® Products, Inc. today introduced the Kathy Smith® Kettlebell Solution, a complete kettlebell workout system designed for women. “Everything about the product is ideal for women,” said Kathy Smith. “The kettlebells are softer and lighter weight, and the workout effectively burns fat and builds muscle. This is what every woman wants and needs to stay lean, strong and healthy.”

Kettlebells are a simple, compact and you’ll only need a small workout area. Kathy’s complete workout DVD gives all the instruction needed for safe effective workouts, so this is a good place for kettlebell beginners to get started.

Kettlebells have long been touted as a workout that gives you everything in one short workout-strength and cardio training. Now there is research to back up those claims. No more lifting weights for strength and then hitting the treadmill for cardio.

The study, conducted by the American Council on Exercise (ACE) and the research experts at the University of Wisconsin, La Crosse Exercise and Health Program, showed that a 20 minute kettlebell workout burned 20 calories per minute or 400 total calories. Researchers say this type of calorie burn is equivalent to running a six-minute mile or cross country skiing uphill at a fast pace. Results showed that three twenty minute workouts a week were most effective. Research details can be found at acefitness.org/getfit/studies/Kettlebells012010.pdf (PDF).

The Kathy Smith Kettlebell Solution includes a workout DVD with four workouts, each around 20 minutes long. While each workout uses traditional kettlebell moves, you choose your focus: fat burning, core strength building, upper body strengthening, or lower body strengthening. The Kettlebell Solution also includes two soft kettlebells, one 3 lb. and one 5 lb.; a nutrition guide; and a workout wall chart.

- * The Kathy Smith Kettlebell Solution is simple, portable, inexpensive yet effective.
- * Kettlebell workouts combine cardiovascular and strength training.
- * Many celebrities cite kettlebell training as the workout that changed their bodies by sculpting, toning, and burning fat.
- * Workouts can be done in a small area.
- * A very good resistance workout for those who want to lose weight.

Kathy collaborated with Mia Finnegan on choreography. Mia is a former nationally ranked gymnast, and past Ms. Natural Universe, Fitness America Pageant National Champion, Ms. Galaxy Fitness, and Ms. Olympia Fitness. Mia is a personal trainer, fitness author and educator.

About Kathy Smith:

With over 16 million workout videos sold since 1980, Kathy Smith has become a household name in fitness. A mother of two, Kathy also serves on the board of the USC School of Gerontology, the Women's Sports Foundation and is a recipient of the IDEA Lifetime Achievement Award from IDEA Health & Fitness, the world's largest professional fitness organization. Kathy is a trusted motivator that has sold more than \$50 million in infomercial products and over 16 million workout videos worldwide (inducting her into the Video Hall of Fame). More information: www.kathysmith.com.

About Stamina Products, Inc.:

Since 1987, Stamina Products has showcased hundreds of fitness products including the AeroPilates® brand of reformers and Pilates equipment, GYROTONIC® and GYROKINESIS®, Stamina® branded and private label brands of home exercise equipment including exercise bikes, rowers, elliptical trainers, steppers, strength systems, inversion systems, rebounders, dumbbells, fitness accessories, and videos. More information: www.staminaproducts.com.

Update: video link previously associated with this story was removed from YouTube and is no longer valid.

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