



Black Diamond Fitness

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GoFit - Iron Core Kettlebell DVD- Volume 1

Price per Unit (piece): \$14.99



Product Details

As seen on *The Big Idea with Donny Deutsch* (11/27 on CNBC)

Also featured on E! News

GoFit Kettlebells for Ultimate Fitness! If you are looking for a DVD workout program that incorporates strength training, muscle conditioning and aerobic exercise all in one workout, then *Kettlebells the Iron Core Way* is the perfect program for you. Sarah Lurie, the Nation's leading kettlebell expert, will show you how to perform basic kettlebell movements for muscle toning, fat loss, strength and flexibility.

Volume 1 DVD: Teaches you foundation kettlebell exercises, like the swing, clean and press, front squat, windmill and more! Volume 1 also takes you through a 45 minute Iron Core class circuit that is guaranteed to burn fat and remove that unwanted flab!

[Vendor Information](#)