

KettleWorx Kettlebell Fitness Program Featured on WGN-TV, Chicago

Kettlebell training is fast becoming recognized as the most efficient and effective personal training program available. Still, most people have yet to hear of a kettlebell, and fewer still know how to use one effectively. Celebrity fitness trainer Ryan Shanahan appears on WGN-TV to talk about the kettlebell and why it's the ultimate tool for personal fitness.

June 18, 2009 (FPRC) -- KettleWorx kettlebells and the KettleWorx kettlebell fitness program were featured today on WGN's popular Midday News. Celebrity Fitness Trainer Ryan Shanahan appeared to talk about KettleWorx, the world's first comprehensive home-fitness program based entirely on kettlebell training.

Kettlebell training is quickly becoming the hottest trend in personal fitness. With numerous celebrities and fitness magazines having recently come out in praise of kettlebells, millions of Americans are looking for a way to add this fast and effective workout to their own fitness regimen.

With KettleWorx, users get a complete core, cardio and resistance workout in each 20-minute workout – for whole body fitness with just three, 20-minute workouts each week.

“Many studies have shown that lack of time is the biggest fitness obstacle for most people,” said Steve Roberts, CEO of KettleWorx. “The KettleWorx fitness program is the ideal solution for busy people because it’s proven to deliver whole body fitness in just three 20-minute sessions a week.”

“The kettlebell is the most effective fitness tool available, but most people still don’t know what it is, and fewer still know how to use it effectively,” said Ryan Shanahan, Celebrity Fitness Trainer. “That’s why I developed KettleWorx – the fastest, easiest and most economical fitness program ever. I’m grateful for the opportunity to inform several million viewers about kettlebells and the KettleWorx program.”

For more information, visit <http://www.KettleWorx.com>

About Ryan Shanahan:

Ryan is the world's leading kettlebell expert, a celebrity fitness trainer and the developer of KettleWorx. Over the last 20 years he's played professional hockey, represented Canada at the World Duathlon Championship, completed 22 triathlons and 2 marathons. Having trained with nothing more than a 20 pound kettlebell, Ryan recently earned 2nd place at the Heavyweight Drug Free Bodybuilding Contest. He works out of the Toronto film Studios, Ontario, Canada.

About KettleWorx:

KettleWorx is the global leader in kettlebell fitness. Designed to emulate a true personal trainer experience, KettleWorx is appropriate for men and women of any fitness level. Working out just 20 minutes, three times a week, users achieve dramatic results after completing just six weeks of

gradually more challenging workouts – the “Six Week Body Transformation.”

About WGN-TV:

WGN-TV (Channel 9) is Chicago's CW network affiliate, programming a strong schedule of news, sports and entertainment. WGN's digital signals are available throughout the Chicago area. Outside the Chicago area, WGN America is carried nationally via cable, telco and satellite. WGN-TV is a Tribune Broadcasting station.

Contact Information

For more information contact Jimmy Clark of KettleWorx (<http://www.kettleworx.com>)
952-443-4185

Keywords

[kettlebell](#)

[kettlebells](#)

[kettlebell fitness](#)

You can read this press release online [here](#)