

What they are saying.....

Dwight's 1 Yr Anniversary Testimonial

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Lisa D Before
Lisa D After

June 16, 2009

June 16, 2009

July 28 2009
July 28 2009

"You just might be my favorite person in the wholeworld right now! I went to the mallyesterday and bought a pair of size 2 pants from a store where I've been a 4forever!" - July 27, 2009

Jacquie Gross

{flvremote}http://iron-body.com/images/stories/videos/testimonial.flv{/flvremote}

Paul Graber June 2009.

Here's the old pictures Paul refers to in the video.

Paul attended and passed the August IKFF CKT Level I certification course in Atlanta with Steve Cotter and is fully qualified as a CKT Level I to teach kettlebells.

In late January of 2009 I had an open surgery to remove 1/3 of my left kidney and prior to that in October an appendectomy. The combination of having two abdominal surgeries and being unable to workout for over 4 months took their toll of my body and left me feeling extremely weak and a little discouraged.

Once I got the OK to workout again I started lifting weights with a standard routine that I was familiar with from the past. In doing so I realized that my routine was inadequate. Like many other I went to the gym and performed the same basic exercises over and over again with minimal emphasis on stretching, cardiovascular endurance or any other aspect of fitness other than strength.

Before

After

Before

After

I have been training with Dave at IronBody Fitness for about 3 months and I can't speak highly enough of his program. Never have I been a part of an all-inclusive workout system that incorporates elements from all aspects of fitness from power and strength to balance and flexibility. You can be sure that you will get your cardio in as well and it's not jumping on the elliptical for a painfully monotonous 20 minutes at the end of a lifting routine; rather it is incorporated into all the workouts and I can assure you that your heart rate will be up and your shirt will be soaked by the end of the hour class.

What sets this program apart from the rest is Dave's creative approach to his workouts and his focus on the technical details that could be overlooked by others who are not as well versed and knowledgeable as he. Whether you are working on innovative bodyweight exercises, swinging kettlebells or flipping tractor tires and pushing weighted sleds he will always motivate you to reach your personal goals.

I took a front and back picture right after my surgery and another just recently to measure my progress since joining Ironbody Fitness. Still have a long way to go but I am happy with my results thus far.

Thanks Dave

Jeremy

The Kettlebell training at Iron Body Fitness is by far the most effective fitness program I've ever experienced! I know that sounds like a pretty strong claim – and it is a strong claim, but hey, the results speak for themselves. I started working out with Dave in the Crossfit Level I classes in January 09'. By April I had already lost 22 pounds and about 4 inches off my waistline! I gained a lot of lean muscle mass and was able to increase my overall strength and stamina. And the best part is . . . I had fun doing it!

Don't get me wrong, kettlebell workouts can be extremely strenuous and they're not for the weak-hearted; but they are also very versatile and easily adapted to each persons physical capabilities so that nobody's working beyond their limitations. I've seen big burly guys working out right beside pregnant women – now that's versatility! Kettlebells are for everyone; and the fitness world seems to be taking more and more notice of these incredible, body sculpting instruments of physical transformation.

Women will like kettlebells because of their versatility and overall effectiveness. Men will like kettlebells because they're rugged and manly. Everybody will like Dave. His approach to the class is laid-back but serious at the same time. His training is thorough and perfectly paced – slow enough to allow mastery of the movements, and yet fast enough to maintain an exciting level of forward momentum. He also emphasizes proper nutrition, which is an important and often overlooked component in total body transformation. I highly recommend Kettlebell training, and I wholeheartedly recommend Iron Body Fitness as the place to do it. If your looking for a program that will absolutely deliver the results you're looking for, get started at Iron Body Fitness today. You'll be glad you did!

Shane Morgan

Dave

I just wanted to take a moment this morning and say thankyou. Thank you for staying on me over the past year to get my butt back toCross Fit and thanks for your words of encouragement during the workouts. I'malready starting to notice a difference (don't burst my bubble and tell me I'mnot!!) and I feel SO much better than I did only a month ago. The classesare hard but GREAT. Thanks again for staying after me and for your patience asI re-learn the movements.

Jill Steimle

I've started training with Dave back when he only had Saturday Kettlebell classes. I'm glad he expanded his hours and class opportunities. Business takes me out of town every other week so it is hard to maintain a consistent training program. When I'm in town, I now train at IronBody Fitness every other day. Dave suggests workouts that I can do on the road so I have a comprehensive fitness program and gives me workouts to do to strengthen my weak areas.

Dave's a great instructor. No matter the class size, you can expect personnel attention. Dave is always on the look out for bad form and he varies his classes to concentrate on overall fitness and tailors the class to the clients needs. His workouts are so much better than simply throwing weights around at an impersonal fitness center. I have knee problems. After training with Dave, I have strengthened my legs and core and have eliminated my knee pain. I've gained strength without bulking up as well as improved my physique, agility, and flexibility.

Tom Makowski

I love to run. I'm speed-challenged compared to most, however I still love to do it. Last year at age 47, two days after my fourth halfmarathon, I took stock as I left the orthopedic doctor's office. His words, "some people just weren't meant to run" cut at me like a knife; yet one previous stress fracture, one frayed meniscus, a baker's cyst, and two arthritic knees, convinced me that he could have a valid point.

In December of 2008 I began training with Dave at IronBody Fitness. This morning (3/21/2009) I completed a 10k without any of the predictably excruciating knee problems I generally experience after a race. Previous years I trained by running, running and more running. This year I ran minimally but trained with kettlebells two to three days a week. I have toned and lost inches all over, but more importantly, I am stronger than I've ever been. Dave Randolph is a fantastic trainer who really cares about the safety and success of his clients. I have tried so many fitness programs over the years but kettlebell training is what I'll be doing for the rest of my life (with a little running thrown in for good measure.) Thanks Dave, you're the best!!!!

Terri McGraw

Since I had a good kb's foundation when I got pregnant I got my doctor's approval to continue my training with Dave. With his help and instruction I easily stayed in shape, without putting myself or the baby at risk. Although I worked with relatively light kettlebells and made some modifications in the workouts I could feel the positive effect on my body - maintaining good posture, muscle, strength and core stability. So far I haven't experienced lower back pain which is a very common pregnancy complaint. I hope that exercising throughout my pregnancy will help ease the delivery and recovery process as well. Thanks Dave for all the support and attention!

Bernadett and her husband Tamas have been training with me for almost a year. She is due in May 2009 and is in fantastic shape!

Update - Here's our newest member Daniel, born May 21st. He's ready to start pressing any day!

I first heard about IronBody Fitness when my mother was raving about how great it made her feel. She felt energized and better than ever. I was doubtful since I have always been resistant to any weight lifting program. I have always had a difficult time motivating myself to lift weights in general, so I did not know how kettlebells would be different.

My mom gave me my first month as a Christmas present and I have been hooked ever since. Dave keeps the workouts varied and exciting and at the end of each workout I always feel better than when I started. I am significantly stronger than when I began in January and I continue to see improvements each week. This is an exercise program that demands dedication, but it is definitely worth it. I am so glad that my mother convinced me to try this new and worthwhile program.

Alice Zoller, teacher

Dave's introduction to the Kettlebell seminar was Outstanding. Worth every penny! Dave's attention to detail, teaching, his ability to clearly communicate with students, and knowledge of proper kettlebell techniques was impressive. I've recommended Dave to the fellow kettlebell users I work with.

Dave was able to identify and correct "bad habits" I had developed over years of solo Kettlebell training in my basement. I wish I would have gone to him for help years ago. I will be attending more Dave Randolph classes.

After 48 hours since Dave's class and two KB practice sessions my back feels 100% better!

Thanks Dave

Federal Agent

Name Withheld

Before I started Kettle bells, I did Bikram's Hot Yoga four to five days a week for eight and a half years. I thought I was in great shape--too bad I also developed osteopenia. I thought I should try a more weight bearing exercise. Not only have I developed one unbelievable set of "guns", my entire body has become stronger.

My main passion in life is riding horses. I have two which I Fox Hunt. To keep these horses in shape takes alot of work. Since I have done kettlebells, it has become so much easier because my legs and core muscles are so strong.-- Personally, I can not say enough wonderful things about Dave's kettlebell classes.

--mg

My experience with Iron Body Fitness has been a great one. My husband is the one that discovered Dave's website, and with much fear of the unknown, we signed up for the Foundations course on January 8, 2008. Since then I have consistently hit an average of three classes a week. With those workouts, and some slight modifications to my diet, I have dropped over twenty pounds and twelve and a half inches off my body. I feel better and stronger than ever. I belonged to a traditional gym for over two years and was never able to stay motivated and work out consistently. The small group sizes at Iron Body Fitness mean my absence from class is noticed. Having some accountability keeps me on track. Thanks Dave! With your help I am confident my goal will be met by this fall.

Katie Chaplin

Louisville, Ky

I began looking for an alternative workout when I no longer had the desire to do the same old workout that I had used in the past. You know body part splits several days a week, followed by being bored out your mind on the treadmill or elliptical for 45 minutes or longer. I had become sedentary in my job and at home over the past few years and the pounds just started piling on.

As a 43 year old father I knew I had to do something about it when my doctor put me on a CPAP machine because of my sleep apnea. I never really weighed myself mainly because the scale stopped @ 300. When I went to the Dr. I was shocked to find I weighed in at 340lbs. If I kept up at this pace I would be like my father, dead @ 51. I knew I needed to make some drastic changes. But I needed to find a different way to workout that kept me motivated and hungry for more. I also needed to change my diet and eating habits. My goal is to lose 115 lbs. of unnecessary body fat.

I had heard of Crossfit from some friends. I started doing some research and found Iron Body Fitness here in Louisville. I e-mailed Dave and we set up an introductory lesson. I was very excited to find something that would give me the benefit of strength training as well as a cardiovascular workout. I immediately signed up for the foundations course. This gave me a good basis for how to properly perform the various kettlebell lifts. I will tell you that my body was not used to this type of activity and I found myself needing to take it slowly at times. That is the thing I really like about Dave and his style - you

work at your own pace.

After I finished the foundations course a few weeks ago, I started taking the regular workout classes. In about 5 weeks, I've gone from barely able to finish a workout to keeping up with the rest of the class. I've gone from using the lighter kettlebells to progressively heavier bells for most of the movements. And the best part is I have lost 22 pounds and am almost a quarter of the way to my goal in a little over a month. My energy levels are way up as well. I no longer get home and am so beat all I want to do is crap out on the couch till bed time. I also had my pressure level reduced on my CPAP and will be able to come off of it entirely when I hit a 50 lb loss the Dr. says.

I want to thank Dave and Iron Body Fitness for helping me on the road to reaching my goals. He has made it fun and challenging as well as never boring. It's been a huge part of my success.

Sincerely,

John Reams

..... I don't know if you work out (exercise) regularly or not. But I started lifting Kettle Bell several years ago and can tell you that they are the best strength and aerobic exercises around.

I've been to a few of Dave Randolph's boot camp's and work shops in Louisville and Cincinnati. I can guarantee they'll kick your ass. Most people haven't heard of Kettle Bell, but they're big with cops and the military. It has to do with the ballistic nature of KB lifting and how you handle them. In fact, the Russian Army (they were invented in Russia) uses them in place of regular (pull ups, push ups, running) military calisthenics. After your first workout, you'll see why...

Steve Cotter is a nationally known Kettle Bell trainer and a damn good lecturer. Plus, both these guys are black belts and short like us. You know how I hate tall people, except my son, who is 6' 4." Frankly, this boot camp might be a little rough to start off with, but I thought you'd like to know about Dave and his classes. If you are interested, give him a call and talk to him about his classes and any concerns you may have. He's a nice guy and a smart trainer. He just opened up a studio somewhere in the East End of Louisville, but I haven't been there yet. I think the newsletter tells its location.

If you're not into exercising, forget it. But, if you want to get back into the shape you were in when you were a teenager, this is one way to go. Cheers -- G

As an active tennis player, Brazilian Jiu-Jitsu player and mother of 5, I have found Dave's kettlebell and CrossFit classes to be the best for helping me feel better and more balanced. His classes have improved my physique, strength, agility, coordination, flexibility, mobility and in general my overall sense of well-being.

His focus on proper technique, full-body movements and a health first mindset have made a world of difference in my other activities and day-today life.

Dave's has a tremendous amount of knowledge and utilizes it in every class. In addition his hands on teaching methods make very easy to learn new movements/exercises and he gives everyone the attention they need to succeed!

I highly recommend Dave & IronBody Fitness for anyone that wants to improve their health and well-being and is willing to work hard to achieve them.

Julie Boggess, Louisville, Ky

I just wanted to say thank you to Dave at IronBody Fitness. I received way more than I expected when I took his Foundations class.

Dave is motivating and very intelligent about working out. He spoke about nutrition, cardio, injury rehab and really had a very well put together program.

I don't think anyone could say that it is easy. I feel I am in decent shape but got a real reality check.

Dave is friendly and very capable of taking you to the next level. I would highly recommend his class to anyone trying to better their physical fitness.

Thanks again

Dennis Bray

Louisville Kentucky

Dave had excellent knowledge of KBs not to mention bodyweight exercises. Seems to want to expand his knowledge to

deepen his appreciation of the art of exercise and health. I respect and share this passion with him. I wish him luck in his journey for knowledge and balance.

Ben Carter, Louisville, Ky

Dave's style of coaching/teaching was excellent. His ability to demo the KB techniques was flawless. His knowledge on the subject of total fitness was great! Great instructors are approachable and have a great deal of humility. Dave is one of those great instructors. Thanks again for a great introduction to the world of fitness with KB's.

Bob Sanborn, Fire Fighter Bowling Green, Ky

I attended a 4 hour introductory Kettlebell workshop recently with Dave. While I've watched DVDs and practiced various exercises on my own, Dave's attention to detail really clarified what I need to work on and how to get the most out of the exercises. Within 24 hours of the seminar Dave followed up with all of the students in the class to make sure everyone was feeling well, and offered answers to any questions. I can tell that Dave not only knows physical fitness and training well, he also enjoys teaching. I plan on visiting this gym/school again soon!

Allan Shumate

Oh, by the way, for the record, you can quote me on this - working with kettlebells has IMPROVED my flexibility, not diminished it as I woulda thought.

Dan Johnson

...It was an absolutely amazing experience working out with you, you're the best coach and instructor we could have hoped for... We will be vastly relieved if we can find an instructor half as good as you!

We deeply wish to thank you for instilling confidence in us, that we can find something we love and will work -- we can't wait to show the results (and, says Shalan, to finish a whole class!) We hope your classes keep growing and growing -

we're positive they will. Please keep us on your mailing list.

Chris & Shalan Galtenberg

Hi Dave,

Just want to thank you and let you know that my bone density has improved by 15% since last year. My T-score last year was -3.2. That means that I was 8 times more likely to get a fracture than a young adult woman. I'm very excited about it. Since weight-bearing exercise appears to stimulate bone formation, I see no reason why I can't improve my score in the next year with the kb program.

Lisa Santos, Louisville, Ky

Dave -- A belated Thank You for putting on one of the best Kettlebell Workshop/Seminars I've ever attended. The addition of Steve Cotter, just made it all the more informative and interesting. My only regret is that I don't live in Louisville, where I could attend more of your weekly training sessions.

Gordon Cotton, Cincinnati, Oh

I had the good fortune of working with Dave Randolph RKC. I had just missed out on his latest KB workshops, when I

decided to shoot him an email. In it I asked if he had anymore, or could he meet with me? He was coming to Lexington (where I live) to pick up some belts from a Shao Lin Do studio. We set up a time so we could use the studio. I got there this morning and the studio wasn't open, like it was supposed to be. Dave was waiting out front, to my surprise he wasn't cursing, he was still in good spirits. Despite not having a facility Dave was not detoured. We picked a spot in the sun with level ground and got to work. He took me through Swings, cleans, snatches, all the basics. He critiqued my form and refined the smaller problems I had. One of my favorite drills we did was developing a more solid/full range Front Squat. I've avoided this lift, because I sucked at it. He had me first squat with bodyweight easing into the "hole" position and getting comfortable moving around a little. Then he had me sit in the low position tense my glutes, hams and abs and then relax and breathe out. This would sink me lower each time I did it. My Front Squats still need work, but look and feel considerably better than before. We also went over pistol squats, which was insightful as well. Aside from the cramps in my hip flexor on the opposite leg, progress was made here as well. I was almost able to do one with a 12kg KB. The most important thing for me was learning how to breathe properly in order to keep tension, especially in the "hole". Overall it was very beneficial and I learned more in 1.5 hours than months training on my own. Thanks again Dave!

Kris Freeman

Me and some friends made the trip down from Indianapolis to Louisville for a kb seminar with Dave yesterday. It was very informative and helped us all get on the right track with kbs, plus it was a good time. I recommend Dave to anyone in the area that needs to get with an RKC for instruction. It's regular advice here on the forum to get with an RKC as soon as possible and it is true, once you understand the proper mechanics of the kb lifts you'll be able to progress a lot farther, faster and safer. Thanks Dave, I look forward to seeing you at the RKC sometime in '07!

JT_76 from DragonDoor forum

Gang, I know you've heard my Dave Randolph endorsement in the past. This is posted here for anyone in the Louisville area new to Kettlebells who may be thinking about attending Dave's workshop. I met Dave at my RKC certification a couple years ago. He was already very accomplished then. I trusted him enough to send my mother (who lives in

Louisville... too far from me up here in RI) to one of his beginner workshops. This whole world of kettlebells was totally not on her radar... so she was walking into this blind and had a great time! Don't be intimidated... If my mom can do it, anyone can. Go see Dave and you won't be sorry.

Jeff Waters, PunchGym & The Art of Strength

Dave Randolph is one of the first RKC's and one of the finest!

Pavel Tsatsouline

Dave Randolph is a strong, skilled and attentive kettlebell trainer. He has helped dozens of people improve their health, fitness and confidence and he can help you!

Steve Cotter, Author of the renowned Full KOnTact Kettlebells and Encyclopedia of Kettlebell Lifting instructional DVDs

After getting my first kettlebell, I saw the listing for Dave Randolph's level I workshop in the "Power by Pavel" newsletter. Dave is an excellent teacher, his insight and instruction on proper kettlebell technique converted me right away. After several of Dave's level II and III workshops, I've gotten to work out with Steve Cotter, Valery Federenko and David Whitley. Dave Randolph is more than a valuable source of kettlebell knowledge, he's a friend.

Phillip Humphrey, Paris Ky

Dave's workshop was truly inspiring! My home training has skyrocketed, I am meeting and setting new goals!

The amount of knowledge Dave packs into one session is worth 3x the price!

Focus on proper technique was the major focus, viewing it as practicing Kettlebells than merely working out with them.

Kettlebell training has totally transformed my martial arts training along with my power generation!

If you could be in the best shape of your life, double your strength, and have explosive speed would you want it? Then talk to Dave he has the answer!"

Matthew Campbell

I added kettlebell training to my martial arts training approximately four years ago.....Much of my kettlebell routine is performed seated due to my Cerebral Palsy. Dave makes sure I still maintain as much tension, form, and proper breathing as possible. The gains I have made in strength, balance, and endurance have been very significant. My legs especially have benefited from kettlebell training. I stand taller, walk better, and simply move much better than I did just a short time ago.....Without the unique perspective, dedication, and enthusiasm that Dave brings to every workout, my success would not be as great. Thanks Dave.

Paul Graber

1st Black

ShaolinDo Chinese Martial Arts

Louisville, KY

Without Dave's personalized training, I could never have achieved my fitness and performance goal: to obtain my black belt.

Before I trained with Dave, I was uncoordinated with sluggish reflexes and weak muscular and aerobic response—and I could barely jump at all. I had tried various training and exercise methods to overcome these challenges, but nothing worked; No matter how many weight machines I tried, I was always slow, heavy and weak.

But then I discovered Dave's integrated strength and conditioning program and everything changed. He designed a personalized training approach that not only increased my strength, speed and agility, but also greatly improved my

overall movement quality. The results were truly dramatic: In just 8 months, I went from a gawky, gravity-bound, weak and overweight amateur, to a lean, agile and powerful athlete.

Dave taught me how to use proper body mechanics to improve coordination, to move and transition quickly, and to use energy efficiently. He also developed my overall body strength, increasing the power and effectiveness of my punches and kicks. And I was finally able to jump.

As if all that weren't enough, I even lost 20 pounds in the process.

Thanks to Dave I was able to overcome in a short time the frustration that had plagued me for years. His training enabled me to achieve my performance and fitness goal—I attained my black belt. Even more than that, I really am a transformed athlete.

Kelly Newby

1st Black Belt

ShaolinDo Chinese Martial Arts

Louisville, KY

"I sincerely appreciated your patience and expertise in helping me to learn the proper form, etc. for the different Kettlebell drills, especially the jerk. Your advice to use a heavier weight for the jerk and to rest before attempting the drill was exactly the right prescription! Also your careful evaluation of the parts of the movements, which you explained well, made a big difference. Thanks, once again, for the excellent instruction!"

Richard M Freeman -RKC class of April 2004

"Anyone interested in kbs can benefit from Dave Randolph's seminar. He does a great job presenting the mechanics and benefits of proper kb training. Very intelligent instructor."

Coach Jamie Hale - Total Body Fitness, Winchester, KY

"I had a really good time at your workshop (except for that short period when I thought I might barf) and learned a lot, and hope to one day be able to walk down stairs without wincing.....I learned what you promised to teach. I can't say that about every workshop I've been to."

Jeff Richards, Columbus, Ohio

"I have to say it was a blast at the seminar! It was awesome to meet everyone and Dave was an excellent instructor with some great tips. From pulling out the hips and other biomechanical tweaks it was a great class."

MrSinister, Atlanta, Ga

"indeed, it was an excellent time! I am sure everyone will agree! and yes thanks Dave for coming down! I know we all learned a lot! It was most excellent meeting all the Atlanta comrades!"

Com Spidey613, Atlanta Ga

"It was really great to have someone experienced and certified to watch us and tell us what were doing right and wrong."

GirevikSung, Altanta Ga

"The seminar far exceeded expectations. I learned a lot; it was nice to know I'd been doing windmills & side press all wrong from the beginning. ;-)"

HuskerLion, Atlanta, Ga