

Dr. Wendy Schauer  
Chiropractor &  
Russian Kettlebell Certified Instructor



Dr. Wendy Schauer is founder of Abundant Fitness Center and the Better Body with Bells program. Following her own lower back injury, she began using Kettlebells to recuperate, and experienced outstanding results. She now uses Kettlebells in her practice to improve strength, stability and cardio endurance for patients of all ages and fitness levels.

- YWCA "Women of Achievement Award" recipient 2005
- Former President of the South Puget Sound Chiropractic Association
- Co-founder of Eastern Pierce County Chiropractic Association
- Co-founder of Abundant Health Center, LLC
- President, Community Chiropractic, P.S.

## Better Body with Bells Training Options:

Group Class Training  
Personal Training

At Abundant Fitness Center we have no initiation fee, no membership joining fee, and no monthly dues.

All new students are required to attend the Introduction To Kettlebells Class before attending other classes. Times and dates vary. Call to schedule your first Better Body with Bells session today.

Please call us for package details, fee schedules, and discount packages.

We accept American Express, Discover, MasterCard, Visa, and Checks

Military discounts available!



  
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# Complete KettleBell Training



***A Better Body With Bells!***<sup>™</sup>

# Total Body Fitness

## Kettlebells

The amazing compact exercise tool that builds core strength and cardio-vascular endurance unlike anything else. Varying sizes mean you can start from any fitness level – and build a Better Body with Bells!



## Core Strength

Kettlebells look like a hybrid tea kettle and cannon ball made of solid cast iron. A short routine of simple movements quickly strengthens your core, abs, back, buttocks and legs. A Better Body with Bells means you will stand straighter, feel stronger and be more energized than you have in years!



*I have trained with "traditional weights" for years...after one session with kettlebells I found out that I had muscles that I never knew existed! Wendy is extremely empowering... I'm so glad that I found Wendy and Kettlebells!*

- Tiffany C.

*I am a long distance runner and cross-training is essential to my program. Core strength prepares you for endurance and since beginning Kettlebells I can attest to the power that this program provides. This program strengthens the upper body, abs, and lower body in one work-out session. Go ahead and lift and see the results!*

- Charlene R.  
Marathon Runner

*I have always hated to exercise and found an excuse not to go to the gym to work out. Then I heard about Kettlebells and how it builds your muscles and increases your stamina. Kettlebells are a new and invigorating way to exercise. Kettlebells allows me to stretch all my muscles and start toning my body without using 6-8 different machines. I travel a lot and the Kettlebell exercises are easily adaptable, which gives me the freedom to continue my exercise program without interruption.*

- Connie L.

## Back & Joint Rehab

Kettlebells are not only for the fit. They are exceptional for rehabilitating back, shoulder and knee injuries.

Other conditions that can benefit from kettlebells include:

- Disc herniations
- Degenerative discs
- Spondyls
- Strains and sprains

Don't be intimidated by their looks. Kettlebells are the best exercise for and maintaining joint stability—a key

to preventing injury. When you build a Better Body with Bells frequent injuries become a distant memory.

Are you tired of being the average American?

- overweight,
- fatigued and
- frequently in pain...

Then Kettlebells are for you.

**Gain control of your life and shape a Better Body with Bells!**

[www.AbundantFitnessCenter.com](http://www.AbundantFitnessCenter.com)