

TRICIA DONG is a former full-time police officer and continuing marathon runner who plans to deliver a business broadside. With cannonballs, too.

Their proper name is kettlebells. But what they are is cast-iron globes with handles that let you swing or hold them out to develop core strength, flexibility, balance, coordination and all the other benefits of athleticism.

The biggest weigh a daunting 48 kg (105 pounds) each and the smallest four kg. But Dong currently offers them from eight to 24 kg, priced \$85 to \$135.

Originated in Russia, kettlebell training is now centred in Minnesota, where Dong plans to be accredited as an instructor this summer. She will then urge the B.C. Recreational and Parks Association to register her as a specialist trainer here.

Simon Fraser university criminology graduate Dong trains aspiring police officers, firefighters and others via her Code 5 Fitness firm — www.code5fitness.com — the name of which echoes the police signal for approaching a suspect with guns drawn.

She learned about kettlebells last year while attending the Ryan Lee Bootcamp conference for international fitness trainers and coaches in Stamford, Conn. Their economical methodology, she says, is aimed at multi-muscle development rather than the single-muscle isolation entailed with barbells, dumbbells and other gym equipment.

That connected her to Jerry O'Charchin, an RCMP officer who was using kettlebells to train other officers at his Direct Iron Strength & Conditioning enterprise. The two then linked up with Chris Gatty, who incorporated Canadian Kettlebells and ordered stock to be cast by Robar Industries. The three have completed a \$30,000 promotional video for release next month, followed by other marketing efforts.

With or without kettlebells, the deceptively dainty Dong is tough enough to throw you out of the wigwag win — in the case of accidents — the horse you rode in on. She'll show her sweaterside at the Aberdeen Centre Sunday afternoon, when she'll perform with Paul Latta's Polyaesia dance troupe.



Code 5 Fitness principal Tricia Dong says kettlebells are strength training's next big thing — literally.