

## **New fitness company formed in North Orange County, California to provide kettlebell training**

*MBody Strength's main focus is kettlebell training that facilitates dramatic physical changes in body composition and strength. To promote the company, MBody will be hosting a series of free workshops during August 2008.*

**Aug. 6, 2008** - [PRLog](#) -- Fullerton, California-- Entrepreneurs in North Orange County have started a new business, called MBody Strength that offers both training and fitness products to consumers. MBody will provide personal training with a focus on training for a better-performing, functional body. The company's main focus is on training through the use of kettlebells (a traditional Russian cast-iron weight) that facilitates dramatic physical changes in body composition and strength.

“People focus too much on what their bodies look like without giving a second thought to it's performance. A luxury car with a lawnmower engine doesn't make sense to us,” stated Marcus Martinez, MBody’s founder and member. “That's why we want to provide people with an effective way to increase their physical performance in their chosen sport or recreation, simultaneously transforming their bodies to meet their aesthetic-related goals.”

MBody provides people with a variety of fitness training plans to choose from. They include “Express” workout plans for busy professionals to comprehensive training programs for athletes and those looking to push themselves even further. MBody will also be launching an e-commerce website in late October 2008, providing consumers with a source for training equipment such as kettlebells, heart-rate monitors, and more.

To promote the company, MBody will be hosting a series of free workshops at BOGI Fit in Anaheim, Hillcrest Park in Fullerton, and at Heisler Park in Laguna. Everyone is welcome and can check the schedule at [www.mbodystrength.com](http://www.mbodystrength.com). The first session will be held Wednesday, August 13, 2008 at Hillcrest Park in Fullerton. The free sessions will be held through August 30, 2008.

“We just want to get out there and improve ourselves and others, and have a great time doing it,” said Marcus Martinez.

MBody Strength LLC  
Mark de Grasse  
[mark@mbodystrength.com](mailto:mark@mbodystrength.com)  
714-356-3090

###

MBody Strength provides professional fitness training, specializing in kettlebell training. We also sell fitness equipment related to strength training and functional fitness.

--- End ---

Source	MBody Strength LLC
City/Town	Los Angeles
State/Province	California
Country	United States
Industry	<a href="#">Fitness</a> , <a href="#">Health</a>
Tags	

Link [Kettlebell, Kettlebell Training, Fitness, Orange County Fitness, Free Training, Free Workshops](https://prlog.org/10100283)  
<https://prlog.org/10100283>



Scan this QR Code with your SmartPhone to-

- \* Read this news online
- \* Contact author
- \* Bookmark or share online