

Franz & Yoanna Snideman, both RKC Team Leaders did not disappoint. For those of you who are unfamiliar with Franz & Yoanna let me just say they are role models for anyone, including myself. Yoanna is a Venezuelan dynamo the size of a Leprechaun, but I've seen her do things battle hardened, thick necked marines can't do. Oh yeah, she won the Tactical Strength Challenge twice...yeah...twice.

So Yoanna, 8 months pregnant, does double kettlebell snatches & swings with 12KG/26LB bells (normally 24KG/53LB bells), juggles kettlebells and convinces half the "fight girl" bimbos to give it a try.



Aye Carumba!



"Chew go Bimbo!"

Franz strolls in wearing a pastel polo shirt and proceeds to do high repetition cleans & snatches with 40KG/88LB kettlebells like they were styrofoam balls.



Nice shirt Flaco!

I think you need a spider web tattoo on your elbow to *really* fit in with this MMA crowd though..