



{jcomments off}Catherine Imes is a MS Kettlebell Lifter and Coach with the American Kettlebell Club. [Kettlebell lifting](#) is main part of her life. Her Coach is Honored Master of Sports Valery Fedorenko.

Catherine's personal best is a 423 total with the 16kg. 221 snatches and 202 One Arm Jerks.

She is a coach to several lifters in the USA. She also coaches Finland Lifter Kukka Laakso who won the Amateur Division (16kg) at the IUKL Championships in Tallinn Estonia. She coaches Emily Friedel from Australia. She is Australia's first MS in One Arm Long Cycle and is CMS in Biathlon.

Catherine also coaches several men that have achieved level one ranks and close to CMS.

Catherine Imes is a **first Master of Sport in USA.**