

01 Total Body	<b>Turkish Get-Up</b> 				<b>Clean</b> 	
01 Total Body	<b>Double Arm Swing</b> 	<b>Single Arm Swing</b> 	<b>Wood Chop</b> 	<b>Windmill</b> 	<b>Snatch</b> 	
01 Total Body	<b>Atlas Swing</b> 		<b>Soma High Pull</b> 	<b>Thruster</b> 	<b>Side Plank Row</b> 	<b>02 Upper Body</b> <b>Shoulder Press</b> 
02 Upper Body	<b>Deficit Push-Up</b> 	<b>Chest Press</b> 	<b>Pull-Over</b> 	<b>Raise</b> 	<b>Curl</b> 	<b>Tricep Extension</b> 
02 Upper Body	<b>Side Raise</b> 	<b>Front Raise</b> 	<b>Side Bend</b> 	<b>03 Core</b> <b>Sidewinder</b> 		
03 Core	<b>Half Turkish Get-Up</b> 	<b>Overhead Sit-Up</b> 	<b>Russian Twist</b> 	<b>Side Plank</b> 	<b>Figure Eight</b> 	
03 Core	<b>Leg Raise</b> 	<b>Torso Twist</b> 	<b>04 Back</b> <b>Best-Over Row</b> 		<b>Renegade Row</b> 	<b>05 Lower Body</b> <b>Dead Lift</b> 
05 Lower Body	<b>Single Leg Dead Lift</b> 	<b>Weighted Lunge</b> 	<b>Lunge Pass</b> 	<b>Squat</b> 	<b>Squat Flip</b> 	<b>Overhead Squat</b> 

# Kettlebell Exercise Guide

**Bobbie Wright**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **Kettlebell Exercise Guide:**

**300 Full Body Kettlebell Workouts Book for Men and Women** Vasquez, Be Bull Publishing, 2024-08 Unlock your fitness potential with the 300 kettlebell workouts This comprehensive guide is the definitive kettlebell training book you've searched for This kettlebell workout book offers an unparalleled range of exercises that combine the dynamic power of kettlebells with the versatility of bodyweight movements creating a balanced and effective workout regimen This kettlebell book is your perfect companion With 300 kettlebell workouts you'll have endless options to challenge yourself and achieve your fitness goals Each exercise is designed to build strength burn fat and enhance overall fitness

**Key Features of this Kettlebell and Bodyweight Exercise Book**

- Diverse Workout Options** Choose from 150 kettlebell workouts and 150 workouts combining kettlebell and bodyweight exercises This variety ensures a full body workout that targets all major muscle groups for a balanced fitness routine
- Timed Based and Rep Based Workouts** Enjoy a mix of timed based and rep based workouts to keep your training dynamic and effective
- Step by Step Instructions** Each exercise comes with detailed guides and clear images making this an excellent kettlebell exercise book for perfect form and technique
- Muscle Targeting Information** Understanding which muscles you're working with each exercise can help you focus on your fitness goals and achieve better results

**BONUS 1** Extra 1 000 Workouts stay motivated and avoid workout boredom with endless variety **BONUS 2** Logging sheets to record your workouts

**Why Choose This Book**

- Convenience** You don't need a gym membership or extensive equipment A kettlebell and your body weight are all you need to perform these effective workouts
- Efficiency** Focus on exercises that deliver results without wasting time ensuring a productive workout session
- Motivation** Keep your workouts exciting and varied with various exercises to prevent boredom and enhance motivation
- Results** Build strength lose fat and improve your overall fitness with a proven combination of kettlebell and bodyweight workouts

With clear instructions and step by step guidance you will feel empowered to push your limits and reach new heights in your fitness journey

**What Sets This Book Apart**

- Visual and Interactive Learning** Step by step guides and images make learning and executing exercises straightforward and engaging
- Comprehensive Approach** The blend of kettlebell and bodyweight exercises provides a well rounded fitness regimen promoting balanced muscle development and overall fitness

Don't miss this chance to elevate your fitness routine Click the **BUY NOW** button and start your journey to a stronger fitter you today with this essential kettlebell book workouts edition

**Kettlebell: A Simple Guide to Learn Kettlebell Exercises (The Ultimate Kettlebell Workouts for a Shredded Body)** Bobbie Wright, 2022-01-13 The great thing about the kettlebell is that it allows you to perform resistance cardio This means you are using cardiovascular training that increases your heart rate and helps you to burn fat At the same time though you are also lifting weight which protects your muscle from breakdown and increases the challenge thereby increasing the amount of calories burned and the amount of effort involved What you will learn in this guide

- The benefits of kettlebells
- How to purchase the right kettlebell
- How to make your own kettlebell cheaply
- The top

kettlebell exercises that give you the best results Learn the best workouts that provide high intensity that will make you a kettlebell machine Enter kettlebell training In this book you ll learn how it can help you get ripped and shredded and more importantly how to start with the right set of kettlebells i e the right quality and weight By the end of this short book you ll be in a great position to start going for that ripped and shredded body you ve always dreamed of using kettlebells You have a great tool in your hands now It s up to you if you ll use it to the hilt      **Kettlebell Training Guide Miles**

Drake, AI, 2025-03-14 Kettlebell Training Guide unlocks the potential of kettlebell exercises for comprehensive fitness Originating from Russian strongmen kettlebell training offers a unique blend of strength and cardiovascular conditioning making it accessible for all fitness levels The book emphasizes correct form progressive overload and workout programming providing a structured approach to functional fitness Discover how kettlebell workouts can enhance both athletic performance and everyday physical resilience debunking the myth that kettlebells are only for advanced athletes The guide systematically introduces core principles like posture and breathing fundamental movements such as the swing clean and snatch and structured routines for varied fitness goals It incorporates exercise science principles biomechanical analysis and insights from experienced coaches By emphasizing practical applications and progressive overload the book empowers readers to optimize results and avoid injury The book also touches on the ongoing debate about the optimal kettlebell swing technique hinge vs squat presenting both sides of the argument This book stands apart by providing a step by step accessible approach to mastering kettlebell training Designed for fitness enthusiasts and athletes alike the book progresses from fundamentals to workout programming offering real world case studies and modifications Whether you re a beginner or an experienced lifter this guide provides the knowledge and tools to safely and effectively integrate kettlebell training into your fitness routine      **Kettlebell: The Ultimate Kettlebell Workouts for a Shredded Body (The Exercise Guide for**

**Women to Build Strength, Lean Muscle, and Self Confidence to Overcome Limiting Beliefs)** Larry Jellison, 101-01-01 You may have heard this already but kettlebells have a strong reputation for being simply the best and most efficient fat burning tool but the peculiar thing is that kettlebell workouts were never intended to be just for fat loss for a long time kettlebell workouts were regarded as a formidable conditioning and training tool by athletes and special forces units Just like them you can achieve the amazing results possible by kettlebell workouts all the information is provided to you in this book Here is a preview of what you ll learn What is kettlebell training and why is it good for you How heavy should you lift Amazing upper body excercises Amazing lower body excercises The ultimate combo excercises And much much more Learn the history and science behind kettlebell training explore over 40 dynamic exercises and discover how to design personalized workouts tailored to your fitness goals Whether you re looking to lose weight build strength or improve your all around athletic performance this book offers three complete programs including hiit strength and hybrid training plans that make results achievable for any experience level Plus uncover why kettlebells aren t just a workout for your body they re a tool for

sharpening your mind improving mobility and reclaiming your natural movement

**The Simple Guide to Kettlebell Training** Dorian Carter, 2024-02-03 The Simple Guide to Kettlebell Training Build Muscle Burn Fat and Boost Your Strength You don't need complicated workout plans or expensive equipment to transform your body just a kettlebell and the right guidance This book gives you everything you need to build lean muscle lose fat and develop real strength all with simple effective kettlebell training Whether you're a complete beginner or want to take your fitness to the next level this guide breaks down the fundamentals so you can train safely efficiently and with confidence Inside you'll discover Why kettlebell training is one of the most powerful and efficient ways to get fit The most common kettlebell myths and the truth behind them 6 essential kettlebell moves that work your entire body How to lift safely protect your joints and avoid injuries Proper form technique and breathing for maximum performance Proven methods for building pure strength and muscle with kettlebells How to torch fat boost your metabolism and accelerate your results Smart rest periods for your goals strength size or fat loss The key difference between training for strength vs muscle growth Expert tips to make every workout count Whether your goal is to get stronger leaner or more athletic this simple kettlebell guide gives you the tools to make it happen Grab your copy today and start training smarter not harder

**The Complete Guide to Kettlebell Training** Allan Collins, 2015-12-08 The perfect introduction to kettlebell training a hugely popular piece of equipment with tried and tested results A kettlebell is a weight that looks like a cannonball with a handle Originating from Russia kettlebell training is now a global phenomenon with clubs gyms and individuals investing in equipment and training Weights range from 4kg to 48kg They differ from dumbbells and barbells in that the centre of mass is offset from the handle so the weight constantly pulls against your hand improving coordination and anaerobic fitness and strengthening your core muscles Kettlebells can be used for a variety of purposes from weight loss to strength training by people with a range of fitness levels Popular with celebrities such as Penelope Cruz and Sylvester Stallone they are also used for training players at Chelsea and Liverpool football clubs and in 2010 the British Army got on board when their PTI corp responsible for the Army's physical training signed up to a 30 day course designed and implemented by the author The book includes information on the benefits of kettlebell training and how to use the equipment safely and provides warm ups drills and training programmes for beginner intermediate and advanced levels From buying a kettlebell to training for weight loss it's a comprehensive guide to a popular new fitness tool

*Kettlebell: The Ultimate Kettlebell Workout to Lose Weight (The Exercise Guide for Women to Build Strength, Lean Muscle, and Self Confidence to Overcome Limiting Beliefs)* Christopher Brown, 2011-01-01 The advantages of this particular style of training include but are not limited to decreasing body fat increasing muscle mass improving posture increasing strength increasing endurance and improvement in your mind body connection Complete with true stories from women who have been where you are now and made it through to the other side with the help of the kettlebell this guide is designed to be both educational and motivational If you have trouble staying present in the moment or listening to your body this

technique will help you reconnect your mind to your body because it involves fast motions with heavy equipment which means you have to focus to avoid injury You ll discover The correct weight size and number of kettlebells to use for any purpose The top 30 kettlebell exercises each fully illustrated to get you into shape fast The most effective kettlebell workouts for your abdomen to finally get that six pack How to automatically trigger muscle confusion to promote varied muscle development The best diet plans for weight loss and optimum fat burning and much much more It is often described as the perfect mix of cardio and strength training Each workout is quick 30mins max and simple yet will yield impressive results if you stick with it consistently and follow the diet You simply cannot beat kettlebells for quality cardio strength without bulk strengthening the core and posterior and simplicity you can do the workouts in your back yard or bedroom if you like

**Scorpion Training. Kettlebell** Marcin Majchrzak,2020-03-28 Scorpion Training Kettlebell Complete Kettlebell Workout Guide with Exercises Instructions Tips and Pictures Warm Up Planand Full Body Workout Why kettlebell This universal tool will help you to exercise each major muscle groups like arms chest abs legs back The outcome of the training session is all up to you so it can be muscle building strengthening your core burning calories improving your balance boosting your energy and much more What YOU get TRAINING TIPS WARM UP PLAN FULL BODY WORKOUT SIMPLE AND CLEAR INSTRUCTIONS 65 EXERCISES EACH MUSCLE GROUP SIMPLE HOME EXERCISES 140 PICTURES Get your now and keep your body and condition in shape Remember if you don t move forward you move backward *Kettlebell: The Ultimate Kettlebell Workout to Lose Weight (The Exercise Guide for Women to Build Strength, Lean Muscle, and Self Confidence to Overcome Limiting Beliefs)* David Gonzales,101-01-01 You may have heard this already but kettlebells have a strong reputation for being simply the best and most efficient fat burning tool but the peculiar thing is that kettlebell workouts were never intended to be just for fat loss for a long time kettlebell workouts were regarded as a formidable conditioning and training tool by athletes and special forces units Just like them you can achieve the amazing results possible by kettlebell workouts all the information is provided to you in this book You ll discover The correct weight size and number of kettlebells to use for any purpose The top 30 kettlebell exercises each fully illustrated to get you into shape fast The most effective kettlebell workouts for your abdomen to finally get that six pack How to automatically trigger muscle confusion to promote varied muscle development The best diet plans for weight loss and optimum fat burning and much much more This book will enable you to build lean muscle burn calories and gain a newfound sense of strength and confidence regardless of your degree of exercise expertise Discover the special advantages of kettlebell training for body transformation muscular growth and fat removal Learn the fundamentals Detailed instructions that walk you through the key kettlebell movements guaranteeing proper form and optimizing results *Kettlebell Workout* Karina Alexander,2024-06-24 Are you ready to revolutionize your fitness routine Do you want to build functional strength and improve your overall conditioning Are you looking for a versatile workout tool that delivers results in less time Discover the transformative power of kettlebell training

with KETTLEBELL WORKOUT A Complete Guide to Kettlebell Workouts for Strength Stability and Total Body Conditioning your ultimate resource for harnessing the full potential of this dynamic fitness tool Features of the book Myriads of kettlebell exercises for all fitness levels Progressive workout plans targeting strength stability and conditioning Detailed form guides and safety instructions for each exercise Nutritional advice to support your kettlebell training goals Recovery techniques to prevent injury and enhance performance What sets this book apart Comprehensive approach Combines strength cardio and flexibility training in one tool Efficiency focus Workouts designed to deliver maximum results in minimal time Expert guidance Written by a certified kettlebell instructor with years of experience Don t settle for ordinary workouts when you can experience extraordinary results Grab your copy of KETTLEBELL WORKOUT today and unlock a new level of fitness Remember the kettlebell is more than just a weight it s a complete gym in your hand Whether you re a fitness enthusiast looking to shake up your routine an athlete aiming to improve performance or someone seeking an efficient full body workout this book is your key to achieving your fitness goals Your journey to a stronger leaner and more powerful you starts now Swing into action and transform your body with the power of kettlebell training *Kettlebells for Seniors Favour* Owens,2019-09-21 As you age exercise and movement becomes even more important Kettlebells are particularly good for seniors because they combine so many fitness elements to strengthen all the muscles in the body Kettlebell exercises for seniors can help build strength balance flexibility and cardiovascular fitness If you are in a position where you feel that kettlebell training could be right for you then this guide will act as a great starting point for seniors and older adults

**Kettlebell: A Beginner's Guide to Strength Training and Effective Exercises for a Lean and Strong Physique (Easy and Effective Exercises and Workouts with Dumbbells to Burn Fat and Build Muscle)** Alex Fox,101-01-01 If you have ever wanted to learn how to use kettlebells the right way so you could get the best results with them then this is going to be the book you need After you have read this book you will already be ahead of most people when it comes to learning the art of working out with kettlebells You will be able to know how to use them effectively and also know exalt what workouts to perform in order to get the fitness results that you desire In the pages of this book you ll discover Colleen s story from overcoming mental blocks to breaking a world record Informative and practical basics of Hardstyle Kettlebell Technique Inspirational stories and testimonials from a diverse set of women Skill building exercises and drills Whether or not the Kettlebell is right for you You might miss out on a fun and effective way to improve your overall well being Sure there are other exercise options but kettlebells offer a unique full body workout that can be done at home with minimal equipment

**Kettlebell: Lose the Fat and Get Fit with Kettlebells (A Simple Guide To Learn Kettlebell Exercises & Perfect Kettlebell Training To Get Results Fast)** James Paine, We all want to sculpt our bodies and be more fit but some workout routines aren t for everyone Whether cardio is too taxing for you or weight training is too intense we ve got something that sits perfectly in the middle Kettlebells have risen to fame due to their compact design but powerful impact Originating in

Russia this super dumbbell can achieve gym level exercises with just one or two units By incorporating bodyweight movements and weight lifting Kettlebell workouts are great at improving core strength flexibility and cardio functions What You Will Learn In This Guide The benefits of kettlebells How to purchase the right kettlebell How to make your own kettlebell cheaply The top kettlebell exercises that give you the best results Learn the best workouts that provide high intensity that will make you a kettlebell machine In this book you ll learn how it can help you get ripped and shredded and more importantly how to start with the right set of kettlebells i e the right quality and weight By the end of this short book you ll be in a great position to start going for that ripped and shredded body you ve always dreamed of using kettlebells You have a great tool in your hands now It s up to you if you ll use it to the hilt

[Kettlebell Circuit Training](#) James McHale,2012-10 Kettlebell Circuit Training is the essential guide to training with kettlebells whether you re a beginner an expert or somewhere in between This book contains six action packed circuits and over 30 different kettlebell exercises designed to target all areas of the body Each exercise is expertly demonstrated with photographs and detailed instructions The kettlebell is a very simple and yet incredibly effective piece of gym equipment Loved by athletes non athletes and personal trainers alike these exercises are proven to not only build strength but also endurance Compared to conventional gym machines and bench exercises kettlebells make you work harder for each rep thus effectively targeting core muscles for the ultimate workout The exercises and circuits included in Kettlebell Circuit Training can be customized to suit people of all levels and abilities and can be easily incorporated into your established workouts or even used to create totally new workouts from scratch This is the only book you will ever need to show you how to use kettlebells safely and efficiently Whether used as part of a varied workout routine or on its own Kettlebell Circuit Training is guaranteed to deliver the exercise goals you want to achieve

**Kettlebell Exercise Encyclopedia** Taco Fleur,2019-08-16 The definite kettlebell exercise encyclopedia with kettlebell exercises and variations Over 440 pages filled with photos of kettlebell exercise basic descriptions and bonus videos Kettlebell training is a form of resistance training with the kettlebell This book covers all kettlebell exercises with photos descriptions and some having step by step instructions The information in this book will allow you to pick exercises and create your own kettlebell workout and or verify that you re doing the exercises you re already doing correctly The book covers kettlebells cleans swings presses lifts snatches squats lunges rows getups windmills isometric exercises isolation exercises multi planar exercises combos and more Each subject has just enough information to keep it basic and understandable

*Kettlebell Exercise Encyclopedia VOL. 1* Taco Fleur,2019-08-16 The definite kettlebell exercise encyclopedia with kettlebell exercises and variations Over 150 pages filled with photos of kettlebell exercise basic descriptions and links to bonus videos Kettlebell training is a form of resistance training with the kettlebell This encyclopedia and its volumes cover all kettlebell exercises with photos descriptions and some having step by step instructions The information in this book will allow you to pick kettlebell exercises and create your own kettlebell workout and or verify that



you're doing the exercises you're already doing correctly This volume covers kettlebells carries cleans curl and getups Each subject has just enough information to keep it basic and understandable Kettlebell Carry Support and move a kettlebell from one place to another The support can be provided in the form of overhead racked hanging or a mixture of aforementioned methods Kettlebell Clean A kettlebell clean is an explosive lower body powered movement that lifts a kettlebell from a lower position to a higher position which is called racking position The clean can be performed from the ground dead hanging position or during a ballistic movement like the swing Anytime a clean is performed with a swing then that swing can be either one of the following movements hip hinge swing pendulum swing or squat swing Kettlebell Curl Curl refers to the curling motion which in exercise can be performed with the elbow or knee joint i.e Biceps Curls or Leg Curls Think flexion and extension of the elbow joint or decreasing and increasing the angle of the elbow joint When it comes to kettlebell training the common curling exercise used is the biceps curl although technically speaking the leg curl could be performed laying down and the foot through the window of the kettlebell Kettlebell Get up To get up into a fully erect position any way possible from laying flat on the floor This can be done with 1 or 2 kettlebells positioned overhead or racked

**Kettlebell Exercise Encyclopedia VOL. 3** Taco Fleur, 2019-08-16 The definite kettlebell exercise encyclopedia with kettlebell exercises and variations Over 150 pages filled with photos of kettlebell exercise basic descriptions and links to bonus videos Kettlebell training is a form of resistance training with the kettlebell This encyclopedia and its volumes cover all kettlebell exercises with photos descriptions and some having step by step instructions The information in this book will allow you to pick kettlebell exercises and create your own kettlebell workout and or verify that you're doing the exercises you're already doing correctly This volume covers kettlebells presses push ups rows and snatches Each subject has just enough information to keep it basic and understandable Kettlebell Press The press and push movement are very similar when you look at the arms they're always extending whether overhead or above the chest laying down however there is a clear difference between the two With the press you exert physical force on the kettlebell to move it away from you rather than to move yourself away from it push Kettlebell Push up Similar to the press you exert physical force on the kettlebell but in this case it's in order to move yourself away from it A push up done on the floor would be pushing yourself away from the floor If you take the same push up position and turn it around laying flat and perform the same movement it becomes as press as you're moving the object away from yourself Kettlebell Row When looking at the movement in boat rowing it's always a pull and push off the oar In the context of kettlebell training a row is always a pull as gravity replaces the push A row has to be performed in such a way that you're acting directly against gravity The focus of the kettlebell row are the posterior muscles of the upper back Kettlebell Snatch A snatch is a movement in which the kettlebell rapidly raised from a lower position always below the hips to above the head in one continuous smooth explosive movement An example of a few common start positions are dead hanging and swinging

Kettlebell Exercise Encyclopedia VOL. 5 Taco Fleur, 2019-08-16 The definite kettlebell exercise

encyclopedia with kettlebell exercises and variations Over 150 pages filled with photos of kettlebell exercise basic descriptions and links to bonus videos Kettlebell training is a form of resistance training with the kettlebell This encyclopedia and its volumes cover all kettlebell exercises with photos descriptions and some having step by step instructions The information in this book will allow you to pick kettlebell exercises and create your own kettlebell workout and or verify that you re doing the exercises you re already doing correctly This volume covers kettlebell combos isolation and multi planar exercises Each subject has just enough information to keep it basic and understandable Kettlebell Combo A kettlebell combo is a combination of several exercises put together and performed one after the other usually in a flowing manner Combos can be as simple as 2 exercises combined but also as complex as 6 exercises or more combined They are also referred to as a complex A good example of some well known combos are the clean and jerk clean and press a good example of a more complex combo is the UKC Ultimate Kettlebell Combo which consists out of a deadlift hang clean swing clean swing half snatch and strict press A really simple but powerful combo is the double kettlebell half snatch and squat thruster also known as WBKC World s Best Kettlebell Combo Isolation Exercises This book wouldn t be complete without some isolation exercises Isolation exercises are those that involve only one joint and a limited number of muscle groups Isolation allows you to focus more and go heavier A good example is an exercise that is performed standing up standing up will require more muscle recruitment whereas a laying down exercise will take out all those muscles that were required to stand up i e calves quadriceps gluteals erector spinae and many more Multi planar Exercises The exercises listed in this category are not the only multi planar exercises there are many more a good example of a popular multi planar exercise not listed here is the kettlebell snatch The reason the exercises are listed under this category is that there was not one parent exercise category under which they fall In basic terms multi planar exercises are those that go up down back to the side etc they move through multiple planes of movement in one rep A good example of a non multi planar exercise is the shoulder press Note whether an exercise is or isn t multi planar doesn t make it a bad or good exercise it just describes that it goes through multiple planes of movement

**Kettlebell Exercise Encyclopedia VOL. 4** Taco Fleur, 2019-08-16 The definite kettlebell exercise encyclopedia with kettlebell exercises and variations Over 150 pages filled with photos of kettlebell exercise basic descriptions and links to bonus videos Kettlebell training is a form of resistance training with the kettlebell This encyclopedia and its volumes cover all kettlebell exercises with photos descriptions and some having step by step instructions The information in this book will allow you to pick kettlebell exercises and create your own kettlebell workout and or verify that you re doing the exercises you re already doing correctly This volume covers kettlebell squat swing and windmill exercise variations Each subject has just enough information to keep it basic and understandable Kettlebell Squat The squat is a movement in which three joints flex namely the ankle knee and hip joints During the movement the objective is to get the hips as low to the ground as possible while keeping the shoulders as high as possible The squat can be performed in with the

kettlebell s overhead racked or dead however when dead it will be moved to the category of a lift Kettlebell Swing A swing takes place when an object moves back and forth or from side to side while suspended The swing is the foundation for many other exercises such as the clean and snatch The swing can be actioned as a pull or pendulum The most common variation outside of the sport world is the pulling version whereas in the sport world it s the opposite and the pendulum is common Kettlebell Snatch A snatch is a movement in which the kettlebell rapidly raised from a lower position always below the hips to above the head in one continuous smooth explosive movement An example of a few common start positions are dead hanging and swinging

*Kettlebells For Dummies* Sarah Lurie, 2010-06-21 The way to a full body workout with amazing results by mastering kettlebells Have you heard the buzz about the all in one strength and cardio workout that works every muscle in the body at once There s a reason why professional athletes and A list celebrities are joining the Kettlebells revolution and now you can too With numerous step by step photos throughout *Kettlebells For Dummies* gives you everything you need to use kettlebells to safely improve strength endurance flexibility joint durability agility mobility athletic movement and proper body alignment Whether you re in your teens 20s 30s 40s 60s and beyond you ll discover how this fast growing fitness phenomenon can boost your metabolism and help you lose weight by mastering numerous kettlebell exercises One of the most effective workouts for burning fat building lean muscle and achieving core strength One hour workout can burn as much as 1 000 calories Named one of the most popular fitness trends in 2009 Whether you re a self proclaimed gym rat or have never lifted a weight *Kettlebells For Dummies* shows you that it s easy to use kettlebells to achieve a full body workout that yields amazing results

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