

From celebrity personal trainer Dasha Libin Anderson comes the most fun, efficient workout for women.



You only have one body, and it has amazing potential. But you also only have one life—why waste more of it than you need to at the gym? Dasha Libin Anderson spent over a decade developing Kettlebell Kickboxing, which combines kettlebells and martial arts into one efficient workout for women. This book features:

- **Innovative moves:** step-by-step photos illustrating more than 200 exercises, including swings, squats, punches, kicks, Turkish get-ups, and more!
- **Workout routines:** total-body workouts, 4-week fitness plans, and 15-minute high-intensity interval training for home or the gym
- **Nutrition:** a simple philosophy on food for a lifetime of clean eating
- **Sports science:** unbiased facts to make your workouts safe and unintimidating
- **One of the most efficient programs:** a workout that not only burns up to 4x the fat and 3x the calories of other workouts, but also promotes flexibility, mobility, strength, and metabolism



Kettlebell Kickboxing outlines an easy-to-follow program that covers strength training and cardio in every session. It will give you everything you need to look and feel the way you always wanted: strong, confident, agile, pain-free, and sexy.

Dasha Libin Anderson

has an MS in sports science and teaches sold-out Kettlebell Kickboxing classes at Anderson's Martial Arts Academy in New York City. She trains models and actresses and has created four bestselling DVD series. Dasha has been sponsored by Lululemon, Victoria's Secret Sport, and Athleta. She has worked with Nike and was the official trainer for the Miss New York USA and Miss Teen USA brands. She has worked on fitness features with *Self*, *Women's Health*, and *Shape* and has been written about in *Vanity Fair*, *Fitness*, and the *Wall Street Journal*.

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Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong

Dasha Libin Anderson



Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong:

Kettlebell Kickboxing Dasha Libin Anderson, 2015-05-05 You only have one body and your body has amazing potential But you also only have one life why waste more of it than you need to at the gym Kettlebells the swingable weights found in gyms and homes everywhere burn up to four times the fat of other workouts But they are often ignored or misused causing wasted time or even injury Dasha Libin Anderson teaches a one two punch of kettlebells and martial arts rolling strength training and cardio into one workout for women that burns five hundred to one thousand calories per hour The unparalleled kettlebell expert has spent over a decade developing the Kettlebell Kickboxing system based on science and experience and has seen amazing results for women of all fitness levels including actresses and models who take classes at her Manhattan studio or work out with her bestselling DVD series Dasha introduces readers to kettlebell and martial arts techniques and teaches the science behind safe swings squats punches kicks and hundreds of innovative moves everyone can do Organized by the body part targeted Kettlebell Kickboxing features hundreds of step by step photos and workout routines for four week fitness plans lifelong exercise goals and fifteen minute high intensity interval training Learn everything you need to look and feel the way you always wanted strong confident agile pain free and sexy **Kettlebells for Women** Lauren

Brooks, 2012-03-13 The first affordable kettlebell book with exercises and training programs aimed at a wide audience of fitness enthusiasts Straightforward and easy to use guide to developing full body fitness by tapping kettlebells unstable weight training **Kettlebell Guide for Beginners** Taco Fleur, This kettlebell training book is a quick introduction to kettlebell training for beginners It s a kettlebell guide for beginners with dot points rather than lengthy explanations This book is all about quick access to information I ve taken feedback from other books onboard where people said it was too expensive there was too much information and they just wanted to dive straight in This book is cheaper than other books as I ve left links to additional videos out and cut things down to just the essentials I am including a bonus voucher code toward the end of the book which you can use to purchase a 2 hour streaming video which covers all the information covered in these 21 days step by step it s fully optional to purchase and not required but a great additional for those who are more visual and like to hear someone talk You can also find the DVD on Amazon by searching for 21 Days to Kettlebell Training for Beginners DVD Bonus You ll also get a voucher for the Udemy course and Android app which means you can either get yourself a certificate through Udemy and or play the videos via the mobile app on your TV Combined with this book these resources will undoubtedly help you lay the best foundation for kettlebell training Table of Contents Day 1 Warming up and priming for kettlebell training Day 2 Stretching and mobility for kettlebell training Day 3 Kettlebell anatomy and grip Day 4 Safely lifting the kettlebell with a squat Day 5 Safely lifting the kettlebell with a hip hinge Day 6 Assisted kettlebell clean Day 7 Kettlebell squat swing Day 8 Kettlebell hip hinge swing Day 9 Kettlebell pendulum swing Day 10 Double arm swing clean Day 11 Kettlebell dead clean Day 12 Kettlebell swing clean Day 13 Kettlebell racking Day 14 Kettlebell pressing Day 15

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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

Getting Strong Kathryn Lance, 1978-01-01 *What Every Woman Ought to Know about Getting in Shape* Austin Fraley, 2018-01-30 If you re a woman who s wanting to look her absolute best then this is the book for you My name is Austin Fraley and I am the nation s premier body sculptor It s my job to sculpt women to their perfect proportions so that they can look their best and in *What Every Woman Ought To Know About Getting In Shape The Ultimate Guide For Women Who Want To Look Their Best* I show you exactly how I do so In this book I lay out everything that you need to know to get your dream body as well as be in great health It doesn t matter if you re a fitness model a woman just looking to lose a couple of pounds getting ready for a wedding or just someone who wants to look her best this book will have something for you I cover everything from the right workout program to do what to eat to lose weight to the keys to having a healthy and sexy body and more Also I make sure to debunk many popular myths that may be holding back your progress Here s just some of what you ll learn in *What Every Woman Ought To Know About Getting In Shape The Ultimate Guide For Women Who Want To Look Their Best* The essentials to putting together your own home gym The best training splits for women How to stay motivated when you hit a plateau How weight training will make you sexy not bulky and why The answer to Can exercise make my boobs bigger Why lifting weights is the best way to transform your body How to get in model shape The 3 body types for women and why they matter to you How to get an hourglass figure The 2 most effective ways to lose fat for women How to keep your hands soft while weight training How to get well built glutes through squatting the right way The difference between chronological and biological age and why it matters to you How to get the body of your dreams after 40 and yes it is possible 3 ways to have a younger looking appearance naturally What to eat for breakfast to lose weight and gain muscle The 1 rule of fitness and health that if violated will crush your progress How you can gain weight even when

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Stronger Than Ever Victoria Murphy,2020-04-13 Are you ready to face your fears and become the strongest version of yourself Are you fed up with fad diets and calorie counting Are you tired of trying new workout routines and getting nowhere Do you want to feel more confident in the gym and outside of it There is a better way to achieve your fitness goals Stronger Than Ever A Woman s Guide To Physical Mental Strength Through Weight Training is a simplified yet effective approach to achieve the fat lose and tone that you re aiming for But that s not all The most incredible thing about following the weight training approaches I teach in this book will strengthen your mindset boost your self esteem and make you much more resilient to what life throws at you This book is for women of all ages and backgrounds who are ready to make positive changes to their lives It doesn t matter if you have never stepped in the gym before or have been working out for a while but are frustrated at your lack of results As long as your willing to take action in the gym this book is for you Learn how to Implement a simple diet that doesn t involved drastic calorie cutting Introduce a dietary approach that makes your body

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