

## 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!
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- **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

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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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