

Kettlebells DUMMIES

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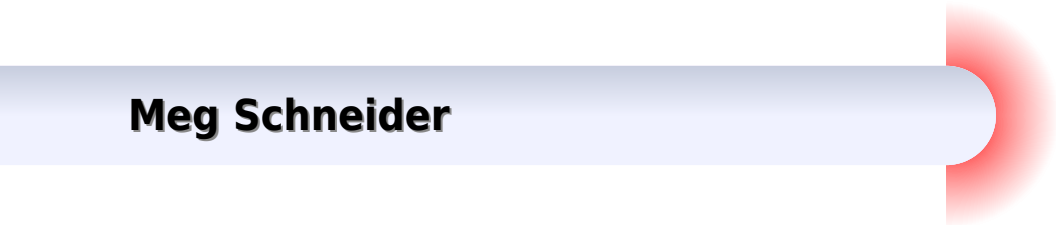
Author: **Mark Sisson**

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Kettlebells For Dummies

Meg Schneider



Kettlebells For Dummies:

Kettlebells For Dummies Sarah Lurie, 2010-05-27 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

Kettlebell Training for Beginners Whit McClendon, 2018-11-13 If you ve wanted to train with kettlebells but don t know how to start then you need this book Learn how to use the kettlebell safely and efficiently so that you can get in shape fast Train in the privacy of your own home without having to make space for a ton of equipment and learn how to use the kettlebell to get the results you want If you ve never touched a kettlebell before and want to learn the RIGHT way to use them this book is for you Simple and easy instructions for you to follow Clear sequential pictures of each exercise Exclusive links to video demonstrations Short efficient workouts that really get results A perfect resource for beginners Get stronger fitter and healthier without spending hours in the gym This is the third book in the Jade Mountain Workout Series and gives you a thorough explanation of the fundamental kettlebell exercises and detailed instructions on how to do them correctly and safely In addition you ll find easy to follow workouts that can help you lose weight and gain strength without ever setting foot in a gym Included are links to videos demonstrating the movements it s like you have your own personal trainer Grab this book a kettlebell and you re on your way to improved strength endurance Many books out there are either too complicated for beginners or don t provide enough information to teach kettlebell techniques properly and safely This book demonstrates the most fundamental kettlebell exercises and is perfect for folks who have never lifted a kettlebell before You won t be overwhelmed with information and you ll be armed with exactly what you need to get started right away Don t wait another second just open this book and get strong fit and confident

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