

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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Skyhorse Publishing, Inc.
New York, New York
www.skyhorsepublishing.com

Cover design by Rain Seukas

Front cover photographs by Amy Jackson and Shutterstock

Back cover photographs by Natanya Mitchell of B. Mitchell Studios

Printed in China



ISBN-10: 1-60898-000-0
ISBN-13: 978-1-60898-000-0



9 781632 205025

Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong

Daniel F McAuley



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Table of Contents Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong

1. Understanding the eBook Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong
 - The Rise of Digital Reading Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong
 - Advantages of eBooks Over Traditional Books
2. Identifying Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong
 - User-Friendly Interface
4. Exploring eBook Recommendations from Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong
 - Personalized Recommendations
 - Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong User Reviews and Ratings

- Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong and Bestseller Lists
- 5. Accessing Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong Free and Paid eBooks
 - Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong Public Domain eBooks
 - Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong eBook Subscription Services
 - Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong Budget-Friendly Options
- 6. Navigating Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong eBook Formats
 - ePub, PDF, MOBI, and More
 - Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong Compatibility with Devices
 - Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong
 - Highlighting and Note-Taking Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong
 - Interactive Elements Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong
- 8. Staying Engaged with Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong
- 9. Balancing eBooks and Physical Books Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong
 - Setting Reading Goals Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong
 - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong
 - Fact-Checking eBook Content of Kettlebell Kickboxing Every Womans Guide To Getting Healthy Sexy And Strong
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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