

Kettlebells DUMMIES

Learn how to

Master the basic kettlebell exercises

Improve your strength, endurance
and overall fitness

Use kettlebells to burn
fat and build muscle

And much more

Author: **Mark Sisson**

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Kettlebells For Dummies

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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

Codependency For Dummies Darlene Lancer, 2012-04-06 Codependency is much more widespread than originally thought You don t even have to be in a relationship Codependents have trouble accepting themselves so they hide who they are to be accepted by someone else *Codependency for Dummies* is the most comprehensive book on the topic to date It describes the history symptoms causes and relationship dynamics of codependency and provides self assessment questionnaires The majority of the book is devoted

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