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Kettlebell Workouts: One Kettlebell 100 Exercises - The Superior Soviet Approach to Absolute Fitness; Kettlebell Workouts and Kettlebell Training

By Sage Surefire

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.One Kettlebell 100 Exercises - You Don t Need A Gym Anymore The Soviet Secret To Absolute Fitness 10 years ago few people outside of the Soviet Union knew what a kettlebell was. Today it has morphed into the in piece of equipment for fat loss and functional fitness. But make no mistake - kettlebells are no passing fad. They ve been around for well over a century and their time in the lime-light is well over-due. Simply put, they are one of the most time efficient ways to achieve functional whole-body fitness, while developing explosive strength and power. They re also a great way to burn through the calories and achieve peak aerobic fitness. Here s What Kettlebells Can Do For You. Improve explosive power and maximal strength Develop functional muscle mass Enhance muscular endurance Burn up to 20.2 calories per minute Promote coordination among all the muscles of the body Blast the often neglected but vital muscles of the posterior kinetic chain (the muscles you don t see in the mirror) A superior and targeted way...



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