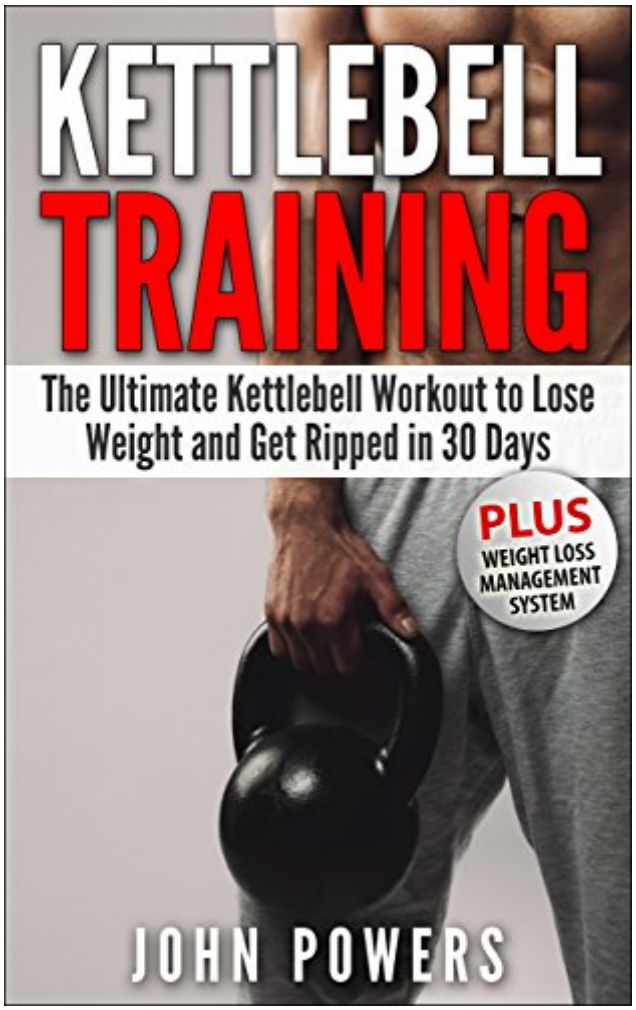
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Kettlebell: The Ultimate Kettlebell Workout To Lose Weight And Get Ripped In 30 Days (Kettlebell Workouts Book 1)



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Synopsis

Are you ready to stop wasting time at the gym and actually get the body youÃ¢â ¬â„¢ve always wanted?Whether you are a beginner or an old pro, the Kettlebell Training will amp up your workouts, help you lose weight, pack on muscle, have more energy, and feel and look fit. The kettlebell workout is one of the most comprehensive in the world, transforming your arms, legs, and abdomen with only a few minutes a day. And with a wide variety of kettlebell exercises to choose from, neither you nor your body will ever get bored.Kettlebell Training BenefitsHow is a kettlebell workout different from a traditional workout? First of all, you need only one tool: the kettlebell. Say goodbye to the gymÃ¢â ¬â •you donÃ¢â ¬â„¢t need all of those machines or that expensive membership. Instead, with a set of kettlebells, you can perform hundreds of different exercises, working out not only your arms, but every part of your body. ThereÃ¢â ¬â„¢s no better way to streamline your workouts than with this book and this one simple tool.Whether you are a workout fanatic or just starting to get in shape, you know that your body quickly becomes bored with repetitious exercises. If you go to the gym every day, you likely perform the same circuit every time. Eventually, the body gets used to the workout and stops responding. Kettlebell training is varied enough that your body never becomes accustomed to the workout and you never stop building real kettlebell muscle. Continual confusion of your muscles is key to keeping them on point and thatÃ¢â ¬â„¢s exactly what youÃ¢â ¬â„¢ll get with this book.It even includes DIET PLAN suggestions to be followed for Kettlebell training and Weight Loss Management System as an added BONUS. Can you really learn this from a book?These exercises may sound complex at first, but this kettlebell book makes it easy to learn, even if you are not a fitness enthusiast. All you have to do is read and you will start losing weight. YouÃ¢â ¬â„¢ll be in shape in no time. Just follow the simple instructions written by John Powers, a kettlebell enthusiast and expert!Top 30 Illustrated Kettlebell exercises will guarantee to bring you the best results in the shortest period of time!What does the Kettlebell Training cover?The Kettlebell Training covers a range of topics that will get beginners started on their kettlebell path, as well as help those who are already familiar with the exercise amp up their workouts. You will also learn:Ã¢â ¬Â¢ What is kettlebell and how does it work?Ã¢â ¬Â¢ What kettlebells do I need? What weight, what size, how many?Ã¢â ¬Â¢ Does kettlebell help me build muscle?Ã¢â ¬Â¢ What is the difference between kettlebells and workout with dumbbells?Ã¢â ¬Â¢ What are the benefits of kettlebell over other workouts?Ã¢â ¬Â¢ Can I use kettlebells every day?Ã¢â ¬Â¢ Most effective Kettlebell exercises for abdominal area.Ã¢â ¬Â¢ What should I eat for the peak performance?Ã¢â ¬Â¢ Does kettlebell help you burn fat?Ã¢â ¬Â¢ and much more.. If you are ready to supercharge your workouts and see real results, get your copy

today!Check Out What Others Are Saying..."Money well spent. Good diagrams and illustrations with just the right amount of information. Not to muck to be boring, but enough to get you going safely."- Dr Claude Botha (UK)"If you’re a beginner this is a great book. I enjoy the fact that it includes video links for exercises. The nutrition section is a plus too. I think it’s important to speak about nutrition. This book is a catch all regardless of goals and ability level. It’s also a quick skin read too."- Roger Humphrey

Book Information

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Customer Reviews

I am literally stunned at the detail in this book. I’ve got other exercise books, videos, and dance books, and it’s usually hard to follow along. In Kettlebell Training, the photographs take you through each exercise step-by-step, so you don’t have to wonder if you’re doing it right.This isn’t just a workout book, either, with a handful of exercises and then you’re done. It’s a detailed kettlebell workout program, which includes a history of kettlebells.It even has a segment on weight loss and nutrition, a subject I’m well familiar with, and he totally nailed it. I had to chuckle at the diagrams in

that segment, but I'll let you discover those for yourself :-)This is a well-written, easy-to-understand, in plain English kettlebell manual, and it's beyond thorough in the topics it covers.I had an exercise slant table that used pulleys instead of weights that I used for awhile, and while it worked for me, it was a bit of a space hog. Kettlebells are a space-saving alternative.

I have never had any experience with kettlebells and I needed a good introduction. Some of the guys at the firehouse started bringing in kettlebells, and not wanting to look totally clueless, I went ahead and decided to check this book out.This is a great book for the kettlebell beginner and even the more advanced user. I have found that this has helped me get past a plateau in my regular workout routine. I was really only expecting a upper body workout, but I am getting a workout and seeing gains all over. I recommend this book.

I've been getting great results so far with my kettlebell from the exercises / routines in this training ebook. My arms are finally getting toned like I wanted them to be in the areas that I've been struggling with since I started getting back into shape. I can feel it working on my stomach area as well and also in my shoulders... you can really FEEL the areas that are getting worked on after your workouts. Getting closer to my weight goal and I'm sticking to it. If you're new to kettlebell workouts or have been hearing about it, this is a great training ebook to get you training properly in the right ways. 5 stars!!

I have always been the sort of person who likes to stay in shape and stay healthy and strong, so I'm always looking for books just like this. I have to say that in this particular case, I was most definitely not disappointed by these kettlebell routines!Like a lot of people, I've never done a single thing with kettlebells before. I've seen them when I'm at the gym, but I had no idea what to do with them, so I just stuck to my normal routines, even when they got boring and repetitive.When I saw this book, I knew I had to get it. Normal gym routines can get so boring, so I wanted to shake it up a little. From the first time I tried one of these routines, I was absolutely HOOKED! Doing these exercises is unlike all of those other gym machines, it's fun and really gives you a workout!John keeps the book interesting for the whole thing, too. The formatting was totally readable on my kindle, no problem at all, so I could bring it to the gym with me. The pictures made sure that I was doing the exercises right, those illustrations were amazing!Highly recommend for people of any fitness level who want to get in shape and gain strength! Great book. I learned a ton, and not just about kettlebell exercises, but about their cool history and even about nutrition and health! Very in depth, John doesn't just toss

you in, he makes sure you have everything you need to succeed.

If you are interested in kettlebell training this book is for you (you probably are since you are reading the comments section to this book). This book is a "complete guide book" that allows you to understand the ins and out of the benefits of kettlebell training. Lot of people knows the benefits of kettlebell training or have seen someone do it, but do not know how to train with kettlebell resulting in poor form, and poor result. Do yourself a favor and get this book to lay a strong foundation of kettlebell training.Warning to the beginners: This book is not end all be all book, reading alone would not allow you to obtain the body of your dream. TAKE ACTION, follow the workout, and diet plan that author lays out in the book and you will see result. Also, my recommendation is to join a gym and get a profession help to nail down the form and incorporate proper weight training as well.For all the advanced lifters, even if you were involved in fitness game for many years you still would want to get this book because with this level of detail in this book there is no reason that you will not learn something out of this book.

I picked up Kettlebell: The Ultimate Kettlebell Workout not knowing much about kettlebell workouts. I found the book very informative on teaching me about workouts with the kettlebell. If you are training for a sport, the book has a kettlebell workout for you. If you want to lose weight and get toned, the book has a kettlebell workout for you. The book also has links to many videos that teach about the proper use of the kettlebell. One of the things that I really liked about the book was how the author stressed the importance of safety with the kettlebell by doing the movements with correct form. The book is well formatted and has numerous photos to keep you interested. Overall I found the book to be quite useful and I would recommend it.

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