



Kettlebell: The Ultimate Kettlebell Workout to Lose Weight and Get Ripped in 30 Days (Kettlebell Workouts Book 1)

By John Powers

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Are you ready to stop wasting time at the gym and actually get the body you'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 Benefits

How is a kettlebell workout different from a traditional workout? First of all, you need only one tool: the kettlebell. Say goodbye to the gym—you don'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. There'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 that's exactly what you'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. **You'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:***

- What is kettlebell and how does it work?
- What kettlebells do I need? What weight, what size, how many?
- Does kettlebell help me build muscle?
- What is the difference between kettlebells and workout with dumbbells?
- What are the benefits of kettlebell over other workouts?
- Can I use kettlebells every day?
- Most effective Kettlebell exercises for abdominal area.
- What should I eat for the peak performance?
- Does kettlebell help you burn fat?
- 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 too much 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

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Editorial Review

Review

"I'd always been fascinated with Kettlebell Training and this guide shed a lot of light into every aspect of the phenomenon. Detailed and packed with history, complete workout routines, pictures and more, it contains everything you need to get started." -

James Anthony

"To every person looking for a simple straightforward way to build strength and balance, and also be happy with their body image, this kettlebell manual is a core vital book." - **Amelia Palmer**

"I was impressed with the quality of instruction and with the excellent photographs to illustrate the various workout moves. If you need to strengthen and build coordination in any area of your body, I do recommend that you buy it immediately." -

Gary Webb

"This book is a great resource. It has a lot of information, especially about performing moves correctly."

- **Amazon Customer Jen**

"This book is a catch all regardless of goals and ability level."

- **Roger Humphrey**

About the Author

John Powers stumbled across kettlebell training a young age.

As he continued studying, following his passion for personal training into college and beyond, kettlebell was the main tenant of his regimen. He realized that kettlebells could be used to improve just about every aspect of his body, from his abs, to his legs, to his shoulders, to his back.

As personal trainer, Powers has transformed hundreds of people's minds and bodies, opening their eyes to the power of the kettlebell.

John Powers understands that the main problems people have with working out on a regular basis is that it is too boring, too time consuming, or that their bodies too quickly become accustomed to the workouts and they are no longer effective. Kettlebells are a solution to all of those problems, and that is why he has written this book. With kettlebells as the focus of his own training and the training he teaches to use clients, he knows how fun and efficient these workouts can be. Along with his love of HIIT, kettlebells are his passion and he knows how to help you build a workout that will be fun and effective.

Users Review

From reader reviews:

Dorothy Jaramillo:

Book is to be different per grade. Book for children until eventually adult are different content. To be sure that book is very important for all of us. The book Kettlebell: The Ultimate Kettlebell Workout to Lose Weight and Get Ripped in 30 Days (Kettlebell Workouts Book 1) had been making you to know about other information and of course you can take more information. It is quite advantages for you. The guide

Kettlebell: The Ultimate Kettlebell Workout to Lose Weight and Get Ripped in 30 Days (Kettlebell Workouts Book 1) is not only giving you a lot more new information but also to be your friend when you truly feel bored. You can spend your own personal spend time to read your book. Try to make relationship together with the book Kettlebell: The Ultimate Kettlebell Workout to Lose Weight and Get Ripped in 30 Days (Kettlebell Workouts Book 1). You never experience lose out for everything in the event you read some books.

Jaime Howell:

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Henry Heath:

Information is provisions for folks to get better life, information today can get by anyone with everywhere. The information can be a know-how or any news even a huge concern. What people must be consider while those information which is within the former life are hard to be find than now's taking seriously which one is appropriate to believe or which one the resource are convinced. If you get the unstable resource then you understand it as your main information we will see huge disadvantage for you. All those possibilities will not happen inside you if you take Kettlebell: The Ultimate Kettlebell Workout to Lose Weight and Get Ripped in 30 Days (Kettlebell Workouts Book 1) as the daily resource information.

Carl Fox:

A lot of people always spent their own free time to vacation or even go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity that's look different you can read the book. It is really fun for you. If you enjoy the book which you read you can spent the whole day to reading a book. The book Kettlebell: The Ultimate Kettlebell Workout to Lose Weight and Get Ripped in 30 Days (Kettlebell Workouts Book 1) it is rather good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. If you did not have enough space to develop this book you can buy the actual e-book. You can m0ore easily to read this book from a smart phone. The price is not too expensive but this book has high quality.

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