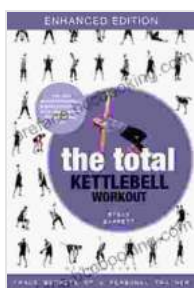


The Total Kettlebell Workout: Your Complete Guide to Strength, Power, and Endurance

The Total Kettlebell Workout is the definitive guide to kettlebell training, with everything you need to know to get started and achieve your fitness goals. Whether you're a beginner or a seasoned pro, this book has something for you.



The Total Kettlebell Workout: Trade Secrets of a Personal Trainer by Steve Barrett

★★★★☆ 4.1 out of 5

Language : English

File size : 31625 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Word Wise : Enabled

Print length : 160 pages



Inside, you'll find:

- Step-by-step instructions for over 50 kettlebell exercises
- Detailed workout plans for all fitness levels
- Advice on nutrition and recovery
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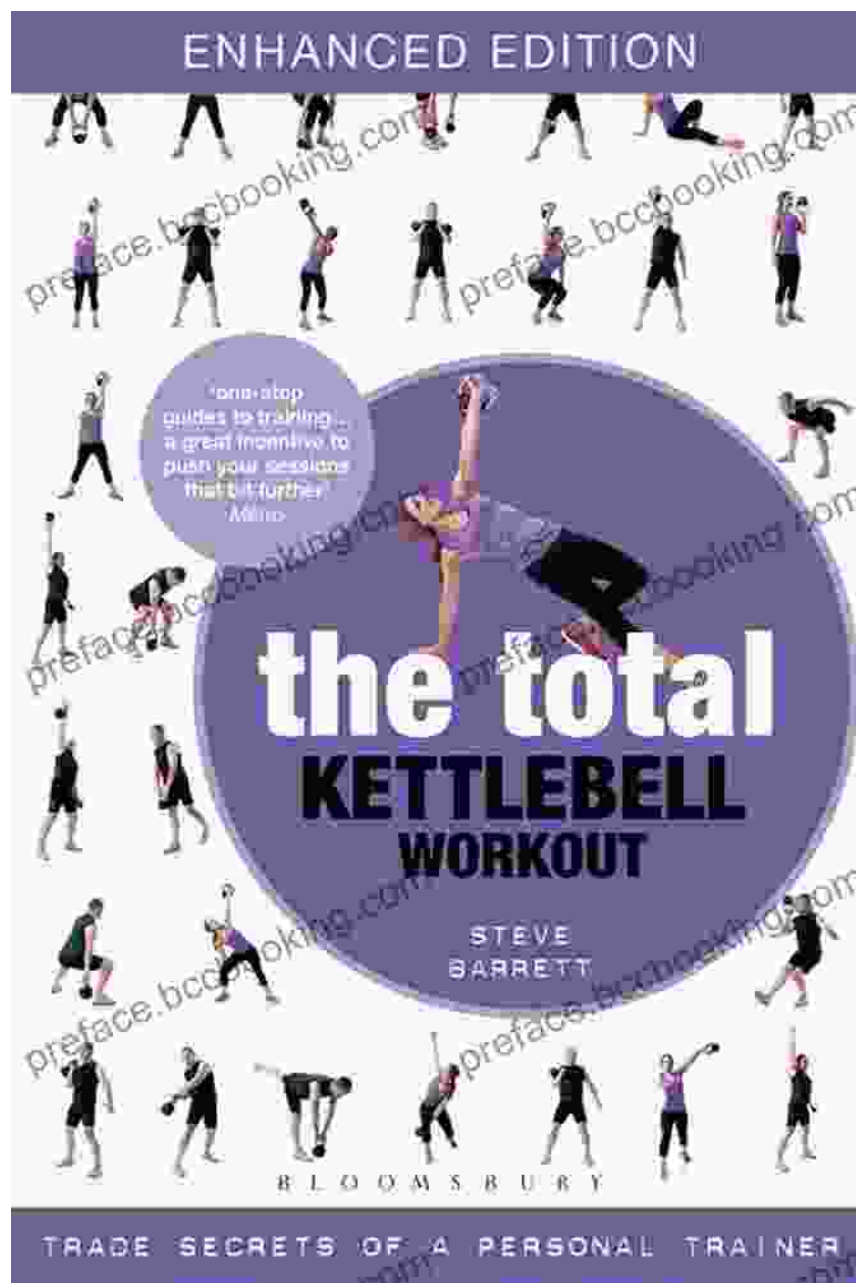
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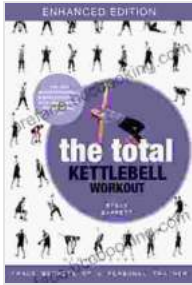
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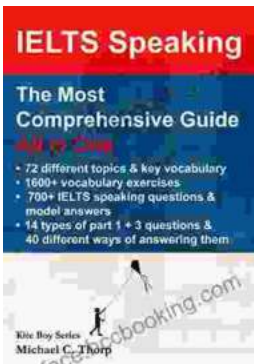
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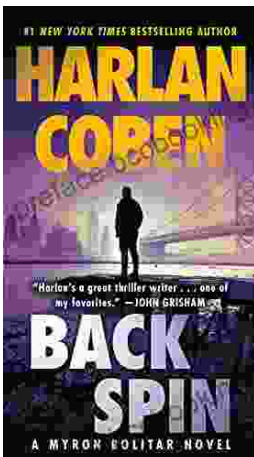


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