



Kettlebell - Chris Smith: 30 Day Kettlebell Wod Exercises! Get in Shape Fast with Amazing Russian Kettlebell and Cross Training Workouts!

By Chris Smith

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.KETLEBELL AMAZING WOD EXERCISES TO GET IN SHAPE FAST! This Kettlebell book contains proven steps and strategies on how to lose weight and tone your muscles using only the Russian kettlebell. Today only, get this Amazing Amazon book for this incredibly discounted price! This book covers all the factors that affect weight loss including workouts, resting and diet. By using the tips suggested in this book, you will be able to lose weight fast without the need for expensive equipment. The kettlebell exercises are really easy and they could also be integrated to the workouts that you are already doing. The nutrition principle suggested by this book follows the Paleo and low carb diet. We hope that you will reach your workout goals by using the tips suggested in this book. Here is a preview of what you will learn. Workout Principles Using The Russian Kettlebell To Get In Shape The Kettlebell And Cross Fit Training 30 Day Kettlebell WOD Exercises Cross Training High Intensity Interval Training Making Your Metabolism Work For You How Weight Loss Happens Low Carb Diet The Paleo Diet Much, Much More! Get your copy today!.



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