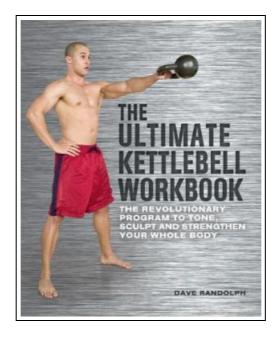
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## THE ULTIMATE KETTLEBELLS WORKBOOK: THE REVOLUTIONARY PROGRAM TO TONE, SCULPT AND STRENGTHEN YOUR WHOLE BODY (PAPERBACK)



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Ulysses Press, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book. TAKE YOUR WORKOUT TO THE NEXT LEVEL WITH KETTLEBELLS Whether you re looking to get in better shape, enhance your strength training or challenge yourself with the ultimate high-intensity workout, kettlebells are the perfect tool to get the body you want with less time in the gym. With over 300 step-by-step photos, this book illustrates over 100 kettlebell exercises that produce unmatched results for: \* burning fat and building muscle \* enhancing balance and coordination \* increasing hand and foot speed \* improving sports performance \* boosting endurance and core strength The Ultimate Kettlebell Workbook teaches the proper way to do primary lifts as well as variations so you can use kettlebells safely and effectively to transform your current workout into a dynamic program for developing strength and power.

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