

free kettlebell workouts

The Power of Free Kettlebell Workouts for a Stronger You

free kettlebell workouts offer an accessible and incredibly effective pathway to building strength, improving cardiovascular health, and enhancing overall fitness without the need for expensive gym memberships or equipment. Kettlebell training is renowned for its ability to engage multiple muscle groups simultaneously, leading to compound movements that mimic real-life activities and deliver functional strength. This comprehensive guide delves into the world of free kettlebell exercises, exploring their benefits, providing beginner-friendly routines, and offering tips for safe and effective practice. Whether you're a seasoned athlete or just starting your fitness journey, discovering how to leverage kettlebells for free can unlock significant improvements in your physical well-being.

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The Undeniable Benefits of Kettlebell Training

Kettlebells are unique in their design, featuring a cast iron or steel ball with a handle, allowing for a dynamic range of motion that distinguishes them from traditional dumbbells. This design facilitates ballistic exercises that build power and explosiveness, alongside strength-focused movements. The inherent instability of the kettlebell in certain exercises forces core stabilization muscles to work harder, leading to a stronger, more resilient midsection.

One of the most significant advantages of incorporating kettlebell workouts into your fitness regimen is their efficiency. Many kettlebell movements are compound exercises, meaning they work several muscle groups at once. This not only saves time but also burns more calories and promotes greater muscular development compared to isolation exercises. For instance, the kettlebell swing engages the glutes, hamstrings, back, shoulders, and core, making it a full-body power move.

Furthermore, kettlebell training is exceptional for improving cardiovascular endurance. High-intensity kettlebell circuits can elevate your heart rate significantly, providing a robust aerobic stimulus. This dual benefit of strength and cardio makes kettlebell workouts a highly efficient tool for weight management and achieving a lean, toned physique. The versatility also means you can tailor workouts to specific goals, whether it's building raw strength, increasing endurance, or improving mobility.

Getting Started with Free Kettlebell Workouts

Embarking on free kettlebell workouts doesn't require much to begin. The primary requirement is a kettlebell itself, and while purchasing one is an initial investment, the long-term benefits and the potential for countless free routines make it worthwhile. Many fitness communities and online platforms offer free resources, including instructional videos and workout plans, that require no subscription fees. The key is to start with a weight that allows you to perform exercises with correct form, prioritizing safety and technique over lifting heavy.

For beginners, understanding the fundamental kettlebell movements is paramount. Before attempting complex exercises, familiarize yourself with the basic swing, the clean, and the press. Many resources can guide you through the proper mechanics of these movements, often demonstrating the correct hip hinge, the controlled ascent, and the safe descent of the kettlebell. This foundational knowledge will prevent injuries and ensure you reap the full benefits of your training.

Choosing the right kettlebell weight is crucial. A common mistake is selecting a weight that is too heavy, leading to poor form and potential injury. For men, starting with a 16-24 kg (35-53 lbs) kettlebell is often recommended, while women may begin with an 8-12 kg (18-26 lbs) kettlebell. It's always better to err on the side of caution and gradually increase the weight as your strength and technique improve. Consider having two different weights to accommodate various exercise types.

Essential Kettlebell Exercises for Beginners

The kettlebell swing is the cornerstone of kettlebell training and a fantastic full-body exercise. To perform a kettlebell swing, stand with your feet hip-width apart, holding the kettlebell with both hands. Hinge at your hips, pushing your glutes back, and let the kettlebell swing back between your legs, keeping your back straight. Explosively drive your hips forward and squeeze your glutes to swing the kettlebell up to chest or eye level. The power comes from your hips, not your arms.

Another fundamental movement is the kettlebell deadlift. This exercise is excellent for building posterior chain strength (hamstrings, glutes, lower back). Stand with the kettlebell between your feet. Hinge at your hips and bend your knees slightly to grasp the kettlebell with both hands. Keeping your back straight and chest up, drive through your heels to stand up, squeezing your glutes at the top. Lower the kettlebell back to the floor with control.

The kettlebell goblet squat is a great way to build lower body strength and improve squatting mechanics. Hold the kettlebell by its horns (the sides of the handle) close to your chest. Stand with your feet slightly wider than shoulder-width apart, toes pointed slightly outward. Keeping your chest up and back straight, lower yourself into a squat, as if sitting back into a chair. Aim to get your hips below your knees while maintaining a neutral spine. Drive back up to the starting position.

The kettlebell press is a powerful overhead movement that builds shoulder and upper body strength. Start by holding the kettlebell at shoulder height, with the handle in your palm and the bell resting against your forearm. With a stable core, press the kettlebell straight up overhead until your arm is

fully extended. Lower the kettlebell back to the starting position with control. This can be done one arm at a time (single-arm press) or with two kettlebells.

Sample Free Kettlebell Workout Routines

For those looking for structured free kettlebell workouts, several effective routines can be followed. A great beginner workout could focus on mastering the fundamental movements. This routine can be performed 2-3 times per week, with at least one rest day in between.

- Kettlebell Swings: 3 sets of 10-12 repetitions
- Kettlebell Deadlifts: 3 sets of 8-10 repetitions
- Goblet Squats: 3 sets of 10-12 repetitions
- Kettlebell Halos (clockwise and counter-clockwise): 3 sets of 8 repetitions per direction

An intermediate full-body circuit can increase intensity and challenge. This routine is designed to be performed with minimal rest between exercises, with a short rest period between rounds. Aim to complete 3-4 rounds.

1. Kettlebell Swings: 15 repetitions
2. Kettlebell Goblet Squats: 12 repetitions
3. Kettlebell Cleans (alternating arms): 10 repetitions per arm
4. Kettlebell Push Press: 8 repetitions per arm
5. Renegade Rows: 8 repetitions per arm
6. Kettlebell Farmer's Walk: 30 seconds

Rest for 60-90 seconds between rounds.

For a more endurance-focused workout, consider a EMOM (Every Minute On the Minute) style routine. This requires you to complete a set number of repetitions within each minute, with any remaining time in that minute used for rest. For example, an EMOM might include:

- Minute 1: 10 Kettlebell Swings
- Minute 2: 8 Goblet Squats

- Minute 3: 6 Kettlebell Cleans (total)

Repeat this for 10-15 minutes. Adjust the repetitions based on your current fitness level to ensure you finish within the minute.

Maximizing Your Free Kettlebell Training

Consistency is the cornerstone of any successful fitness program, and free kettlebell workouts are no exception. Aim to train regularly, ideally 3-5 times per week, depending on your recovery capacity and the intensity of your workouts. Listen to your body; rest and recovery are just as important as the training itself to allow your muscles to repair and grow stronger.

Progression is key to continued improvement. Once exercises become too easy with your current weight, it's time to increase the challenge. This can be done by adding more repetitions, performing more sets, reducing rest times, or, most effectively, increasing the weight of your kettlebell. Gradual increases in weight will ensure you continue to build strength and avoid plateaus.

Nutrition plays a vital role in supporting your training. Ensure you are consuming a balanced diet rich in lean protein, complex carbohydrates, and healthy fats to fuel your workouts and aid in muscle recovery. Hydration is also critical; drink plenty of water throughout the day, especially before, during, and after your training sessions.

Safety First: Proper Kettlebell Technique

The most crucial aspect of any kettlebell workout is mastering proper form and technique. Poor form is the leading cause of injury. Before attempting any new exercise, it's highly recommended to watch instructional videos from reputable sources and practice the movements with a light weight or even without any weight to focus on the body mechanics. Prioritize form over speed or the number of repetitions.

Always maintain a neutral spine throughout your kettlebell exercises. This means keeping your back in its natural S-curve, avoiding excessive rounding or arching. Engage your core muscles by bracing your abdomen as if you were about to be punched. This core engagement provides stability and protects your lower back.

When performing ballistic movements like the swing, ensure the power originates from your hips, not your arms. Your arms should be relaxed and act as a connection between your hands and the kettlebell. The hip hinge is a fundamental pattern to master for safe and effective kettlebell training. It's a controlled explosive movement, not a forceful lift with the upper body.

Frequently Asked Questions About Free Kettlebell Workouts

Q: What is the best way to find free kettlebell workout videos?

A: You can find a wealth of free kettlebell workout videos on platforms like YouTube. Search for terms like "beginner kettlebell workout," "kettlebell full body routine," or specific exercise names like "kettlebell swing tutorial." Look for channels and instructors with clear demonstrations and a focus on proper form.

Q: Can I build significant muscle mass with free kettlebell workouts?

A: While kettlebells are excellent for building functional strength and muscle endurance, achieving significant hypertrophy (muscle growth) typically requires progressive overload, including heavier weights and higher training volumes. However, you can certainly build lean muscle and improve muscle tone with consistent kettlebell training, especially by increasing reps, sets, and reducing rest times.

Q: How often should I do kettlebell workouts if I'm a beginner?

A: For beginners, it's advisable to start with 2-3 kettlebell workouts per week, allowing at least one rest day between sessions for muscle recovery. As you get fitter, you can gradually increase the frequency to 3-4 times per week.

Q: What are the most common mistakes beginners make with kettlebell swings?

A: The most common mistakes include using the arms to lift the kettlebell instead of the hips, squatting too much instead of hinging at the hips, and allowing the kettlebell to float too high or drop too low. It's crucial to focus on the hip drive and maintaining a neutral spine.

Q: Do I need a specific type of kettlebell for these free workouts?

A: For most standard kettlebell exercises, a traditional cast iron or steel kettlebell is ideal. The handle should be smooth enough for comfortable gripping and wide enough to accommodate both hands for two-handed exercises. Avoid kettlebells with plastic coatings that can flake off.

Q: Can kettlebell workouts help with weight loss?

A: Absolutely. Kettlebell workouts, particularly those involving compound movements and high-intensity circuits, are highly effective for burning calories and boosting metabolism. Combined with a healthy diet, kettlebell training can be a significant component of a weight loss strategy.

Q: What if I don't have a kettlebell yet? Can I still do free workouts?

A: While kettlebell-specific workouts require a kettlebell, you can start by learning the fundamental movement patterns (like the hip hinge and squat) with bodyweight exercises. You can also explore other free bodyweight training resources online to build a foundational fitness level before investing in a kettlebell.

Q: How can I make my free kettlebell workouts more challenging as I progress?

A: To make your workouts more challenging, you can increase the number of repetitions, add more sets, decrease the rest time between sets and exercises, or increase the weight of your kettlebell. You can also explore more advanced kettlebell exercises as you gain proficiency.

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free kettlebell workouts: Kettlebell Workouts and Challenges V1.0 Taco Fleur, 2018-03-16 This book is targetted to at-home kettlebell enthusiasts, MMA and BJJ fighters, and crossfitters that use their open box time for kettlebell WODs. This book is even for budding trainers that want to know more about the Cavemantraining programs, and learn the basics on how to run them.programs, on how to run them. 40+ serious kettlebell workouts, 4 kettlebell challenges, many are paired with very detailed videos. - Beginners to advanced workouts. - How to score AMRAP workouts. - Finer details on many of the exercises. - Quality emphasis on warming-up and mobility. - Full details of the popular Thorax Workout included in this book. - Additional ideas on how to make your WODs even more popular and exciting. - Additional little tips and information for personal

trainers. Each workout is 100% kettlebells, mixed with bodyweight, or mixed with other equipment. Some workouts will have alternatives, or progressions. These are not shoddy quick workouts put together for a book, I've performed each and every workout listed in this book, and so have hundreds of others. -Taco Fleur This book is called Kettlebell Workouts and Challenges 1.0, obviously this book is then about the workouts and challenges, hence, I will be linking to a lot of external information rather than turning this into a book about kettlebell exercises, and / or technique, I I already have several books on those. This is not to say that this book does not contain technique or exercise information, but it is kept to a minimum, illustrated with many photos, while linking to more online info. The title is prefixed with 1.0 as we will be putting out plenty of more books with new workouts. BONUS: 1. Information for trainers on how to run your own Caveman Circuit, and Boot Camp. 2. Downloadable workout PDF that can be downloaded, printed and taken to the gym. 3. Downloadable kettlebell grip PDF that will improve your kettlebell training instantly. 4. Downloadable PDF that will improve your racking for resting and endurance. 5. Free kettlebell workouts mobile app for the Android.

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The definite kettlebell exercise encyclopedia with kettlebell exercises and variations. Over 150 pages filled with photos of kettlebell exercise, basic descriptions, and links to bonus videos. Kettlebell training is a form of resistance training with the kettlebell. This encyclopedia and its volumes cover all kettlebell exercises with photos, descriptions, and some having step-by-step instructions. The information in this book will allow you to pick kettlebell exercises and create your own kettlebell workout and/or verify that you're doing the exercises you're already doing, correctly. This volume covers kettlebells isometric, lift, kneeling, and lunge exercises. Each subject has just enough information to keep it basic and understandable. Kettlebell Isometrics Isometric relates to muscular action in which tension is developed without contraction of the muscle. There is no movement, action, or change, also known as static. A good example of an isometric exercise is the plank or iron cross. Isometrics can also be mixed with dynamic exercise, for example, a squat with frontal hold. Kettlebell Kneeling To kneel means to be in or assume a position in which the body is supported by a knee or the knees. You can perform movements into kneeling positions like surrenders or you can perform exercises in which you remain in kneeling position like kneeling hip thrusts. Kettlebell Lift To lift something means to raise to a higher position or level. In effect, almost all kettlebell exercises could be thought of like a lift, i.e. snatch, press, clean, swing, etc. However, we're going to classify a lift as a movement in which the kettlebell is brought from a low to a higher position via a slow movement. We're excluding explosive movements as they have their own classifications, i.e. press, snatch, clean, and swing. Kettlebell Lunge To define the lunge a few assumptions will be made. The dictionary defines the word as making a sudden forward thrust with part of the body, in our context that part of the body would be the leg. A lunge is also the basic attacking move in fencing, which is very similar to the lunge exercise as we know it. The lunge as we know it not only moves forward but all different directions, back (reverse), side, etc. The difference between the lunge used in fencing and exercise is that the back knee usually bends and gently taps the floor to set a standard for depth.

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The definite kettlebell exercise encyclopedia with kettlebell exercises and variations. Over 150 pages filled with photos of kettlebell exercise, basic descriptions, and links to bonus videos. Kettlebell training is a form of resistance training with the kettlebell. This encyclopedia and its volumes cover all kettlebell exercises with photos, descriptions, and some having step-by-step instructions. The information in this book will allow you to pick kettlebell exercises and create your own kettlebell workout and/or verify that you're doing the exercises you're already doing, correctly. This volume covers kettlebells carries, cleans, curl, and getups. Each subject has just enough information to keep it basic and understandable. Kettlebell Carry Support and move a kettlebell from one place to another. The support can be provided in the form of overhead, racked, hanging, or a mixture of aforementioned methods. Kettlebell Clean A kettlebell clean is an explosive lower-body powered

movement that lifts a kettlebell from a lower position to a higher position which is called racking position. The clean can be performed from the ground (dead), hanging position, or during a ballistic movement like the swing. Anytime a clean is performed with a swing, then that swing can be either one of the following movements, hip hinge swing, pendulum swing, or squat swing. Kettlebell Curl Curl refers to the curling motion which in exercise can be performed with the elbow or knee joint, i.e. Biceps Curls or Leg Curls. Think flexion and extension of the elbow joint, or decreasing and increasing the angle of the elbow joint. When it comes to kettlebell training the common curling exercise used is the biceps curl, although technically speaking the leg curl could be performed laying down and the foot through the window of the kettlebell. Kettlebell Get-up To get up into a fully erect position any way possible from laying flat on the floor. This can be done with 1 or 2 kettlebells positioned overhead or racked.

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rapidly raised from a lower position—always below the hips—to above the head in one continuous smooth explosive movement. An example of a few common start positions are dead, hanging, and swinging.

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free kettlebell workouts: *Kettlebell Workout Basics* Miles Drake, AI, 2025-03-14 Kettlebell Workout Basics offers a comprehensive guide to mastering kettlebell training, a method celebrated for its dynamic, full-body movements that enhance functional fitness, strength training, and endurance. The book emphasizes the importance of proper technique in exercises like the swing, clean, and snatch, helping to prevent injuries and maximize results. It also highlights how structured workout routines, tailored to specific fitness goals, are essential for sustainable progress. This book offers workout routines for all fitness levels and goals, including strength building, endurance and power development. Tracing back to Russia, kettlebells were initially used as weights for measuring crops before evolving into a recognized strength and conditioning tool. Unlike traditional weightlifting, kettlebell exercises engage multiple muscle groups simultaneously, improving both cardiovascular fitness and flexibility. The book is structured into three parts, beginning with the history and benefits of kettlebell training, then moving into core exercises with step-by-step instructions, and concluding with workout design and sample routines. What sets this book apart is

its practical, step-by-step approach, explaining not just the 'what' but also the 'why' behind each exercise. This empowers readers to make informed training decisions. Whether you're a beginner, an experienced fitness enthusiast, or an athlete, this guide provides a solid foundation for incorporating kettlebell training into your fitness regime.

free kettlebell workouts: The Total Kettlebell Workout Steve Barrett, 2015-03-12 The ultimate 'one stop' guide to training with kettlebells. Practical and easily accessible, The Total Kettlebell Training Workout is perfect for the fitness enthusiast or fitness professional who wants to lightly improve their knowledge and heavily improve the range of exercises they can use in their training. Tried and tested exercises are accompanied by clear photos and illustrations presented in a modern and logical way. The Total Kettlebell Workout is brimming with ideas for using this piece of fitness equipment not just in the gym, but at home too. Packed with clear and easy to use exercises, this how-to reference book also provides adaptations of basic and advanced exercises making it ideal for anyone who wants to get the most out of their fitness gear. Each exercise idea is organised by fitness level and includes follow-up and extension ideas. Written in a jargon-free and concise style, this book is light on the science and background, heavy on practicality.

free kettlebell workouts: Kettlebell: A Simple Guide to Learn Kettlebell Exercises (The Ultimate Kettlebell Workouts for a Shredded Body) Bobbie Wright, 2022-01-13 The great thing about the kettlebell is that it allows you to perform resistance cardio. This means you are using cardiovascular training that increases your heartrate and helps you to burn fat. At the same time though, you are also lifting weight, which protects your muscle from breakdown and increases the challenge, thereby increasing the amount of calories burned and the amount of effort involved. What you will learn in this guide: · The benefits of kettlebells · How to purchase the right kettlebell · How to make your own kettlebell cheaply · The top kettlebell exercises that give you the best results · Learn the best workouts that provide high intensity that will make you a kettlebell machine! Enter kettlebell training. In this book, you'll learn how it can help you get ripped and shredded and, more importantly, how to start with the right set of kettlebells, i.e., the right quality and weight. By the end of this short book, you'll be in a great position to start going for that ripped and shredded body you've always dreamed of using kettlebells. You have a great tool in your hands now. It's up to you if you'll use it to the hilt.

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many more, a good example of a popular multi-planar exercise not listed here is the kettlebell snatch. The reason the exercises are listed under this category is that there was not one parent exercise category under which they fall. In basic terms, multi-planar exercises are those that go up, down, back, to the side, etc. they move through multiple planes of movement in one rep. A good example of a non-multi-planar exercise is the shoulder press. Note, whether an exercise is or isn't multi-planar doesn't make it a bad or good exercise, it just describes that it goes through multiple planes of movement.

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The perfect introduction to kettlebell training, a hugely popular piece of equipment with tried and tested results. A kettlebell is a weight that looks like a cannonball with a handle. Originating from Russia, kettlebell training is now a global phenomenon with clubs, gyms and individuals investing in equipment and training. Weights range from 4kg to 48kg. They differ from dumbbells and barbells in that the centre of mass is offset from the handle, so the weight constantly pulls against your hand, improving coordination and anaerobic fitness and strengthening your core muscles. Kettlebells can be used for a variety of purposes - from weight loss to strength training - by people with a range of fitness levels. Popular with celebrities such as Penelope Cruz and Sylvester Stallone, they are also used for training players at Chelsea and Liverpool football clubs, and in 2010 the British Army got on board when their PTI corp (responsible for the Army's physical training) signed up to a 30-day course designed and implemented by the author. The book includes information on the benefits of kettlebell training and how to use the equipment safely, and provides warm-ups, drills and training programmes for beginner, intermediate and advanced levels. From buying a kettlebell to training for weight loss, it's a comprehensive guide to a popular new fitness tool.

free kettlebell workouts: *Kettlebell Workouts and Challenge 5* Taco Fleur, This book is the 5th in the Kettlebell Workouts and Challenges series, of which the first one was written back in 2017. The format of this book has been drastically improved and includes information on the workout benefits, recommended weight selection, the weights that we used, the average time to complete the workout, how many kettlebells are used, the overall intensity of the workout, intensity for each task of a workout, the number of exercises, reviews on the workout from others, description, how to score the workout, the score that we achieved, but above all, information on how to adjust any more advanced workouts to suit beginners. A quick introduction to the person who designed the workouts, i.e., me: I have over 2 decades of kettlebell experience, training people across the world, owned three gyms, and obtained certification with StrongFirst SFG2, RSGI, IKFF, IKSHA, CrossFit, I have reached Kettlebell Sport Rank 1, and have a background in Martial Arts as a rusty BJJ Purple Belt. I mention this so that you can have confidence in the quality of this product and the training methodology. I will include some reviews for my coaching, our business, and our products taken from thousands of verifiable reviews at the end of this book. I aim to explain and present everything as simply as possible without complex terms or going into too much detail. The workouts will be presented in an easy-to-read tabular format but also a linear format so that all layout preferences are addressed. A separate easy-to-print document is also available for download to people who purchased the book; this will make it easy to take the workouts with you to the gym and also to make notes. A whole online platform and social network for kettlebell enthusiasts is also included so that you can easily record your scoring for a workout, or you can be more specific and record against a task. You can also record notes for a workout, and you will collect all your favorite workouts in one easy-to-access place if you review/rate the workouts. The social network that is dedicated to kettlebell enthusiasts allows you to interact with others, create your kettlebell profile, find workout buddies, and so much more. In short, you are not just buying a book with the world's best kettlebell workouts. Who is this book for? This book is for anyone who is looking for exciting and effective routines with one kettlebell, two kettlebells, or hybrid workouts where kettlebell and bodyweight exercises are mixed. This book is for people who want to explore workouts that utilize mobility work for active recovery between intense tasks. Buy this book if you want to: Learn several workouts to incorporate into your routine Have your kettlebell workouts designed and in an easy-to-read format Have access to kettlebell workouts that focus on all types of goals Spice up your kettlebell training and achieve results Have workouts that you can scale to your level Be able to challenge yourself when ready Experience unique kettlebell workouts In this book, you will find short workouts, long workouts, easy workouts, hard workouts, fun workouts, mentally tough workouts, mobility workouts, power workouts, strength workouts, cardio workouts, and so much more. All workouts have been completed by myself, Anna, and many of our IKU™ members. Hence, they are not just some shoddy and quickly put-together scribbles that haven't been put to the test. As someone who is over half a century of age and what I consider trains tough, I am proud to say that I have never experienced any

major injuries, no hip replacements or other surgeries, and pretty much never sick. I attribute this to training hard but training smart and becoming in tune with the body and mind. Of course, an important factor is also the right nutrition and mindset.

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Kettlebell workouts for AMRAP, FOR TIME, EMOM, Circuit, Interval, HIIT, and so much more. When you buy this book, you will get intelligently designed kettlebell workouts that deliver results for people at home with one or more kettlebells from beginner to advanced and always scalable. The book contains kettlebell strength workouts, AMRAP workouts, FOR TIME workouts, high-intensity interval workouts, flexibility and mobility workouts, endurance workouts, and so much more. The book contains many under 20 and 30-minute workouts for people who are limited on time. Just grab your kettlebell, pick a 12-minute workout, and get your calorie burn in for the day. You will also get strategies and plans to incorporate these workouts into a long-term progression for certain goals. For those who are not yet familiar with all kettlebell techniques, the book also includes tips on form and technique plus common mistakes. It's very rare that a double kettlebell workout from this book can't be performed with a single kettlebell and just performing the work on one side and then the other. Therefore, even if you have just one kettlebell, you can still complete the double kettlebell workouts and as you progress with your technique and strength, you can work your way up to double kettlebell work. Each of these workouts has been designed and completed by myself, they have been completed by other Cavemantrainers, and many of our private members. In other words, they have been tested before they got to you. When it comes to kettlebell challenges, usually, I include quite a few challenges in the book, this time, the book is full of workouts and I picked the best so that there was no need to include more than two challenges. There is so much info on one of the challenges that you really could spend the rest of your training days following the challenge and obtain some of the best results you've ever seen with your training. When I completed this challenge, I was in the best shape of my life. FORM AND TECHNIQUE FIRST WEIGHT AND REPS SECOND
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