

kettlebell workout apple watch

kettlebell workout apple watch has become a powerful combination for fitness enthusiasts looking to elevate their training and track their progress with precision. This synergy allows for a seamless integration of dynamic kettlebell movements into your digital fitness ecosystem, providing real-time feedback and historical data to optimize your workouts. Whether you're performing swings, cleans, snatches, or Turkish get-ups, your Apple Watch can be an invaluable tool to monitor heart rate, calories burned, workout duration, and even estimate power output. This comprehensive guide explores how to best leverage your Apple Watch for kettlebell training, from selecting the right workout type to understanding the metrics that matter most. We will delve into the best practices for accurate tracking, explore advanced features, and discuss how to interpret the data to drive consistent improvement in your strength and conditioning.

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Understanding the Apple Watch's Role in Kettlebell Workouts

The Apple Watch, with its advanced sensors and sophisticated software, is more than just a smartwatch; it's a personal fitness companion. When it comes to kettlebell workouts, its primary function is to collect and analyze physiological data, providing insights that would otherwise be difficult to obtain without dedicated equipment. The accelerometer and gyroscope work in tandem to detect movement patterns, while the optical heart sensor monitors your cardiovascular response. This data is crucial for understanding the intensity of your training, the effectiveness of your chosen exercises, and your overall fitness progression. By accurately capturing these elements, the Apple Watch empowers you to train smarter, not just harder.

The versatility of kettlebell exercises, ranging from high-intensity interval training (HIIT) bursts to more controlled strength-focused routines, demands a tracking device that can adapt. While there isn't a dedicated "Kettlebell" workout type pre-programmed in the Apple Watch Workout app, several existing categories can be effectively utilized. The key is to select a workout type that best approximates the energy expenditure and movement patterns of kettlebell training. For dynamic, full-body movements like kettlebell swings, a "HIIT" or "Functional Strength Training" option is often the most appropriate choice, allowing for accurate estimation of calorie burn and heart rate zones.

Furthermore, the Apple Watch's ability to provide real-time feedback is a significant advantage. Seeing your heart rate rise during a tough set of kettlebell snatches or observing the elapsed time tick away during a timed circuit can help you push your limits or know when to rest. Post-workout, the detailed summaries provide a wealth of information that can inform future training sessions. This continuous loop of data collection, analysis, and adaptation is the cornerstone of effective fitness

programming, making the Apple Watch an indispensable tool for serious kettlebell practitioners.

Setting Up Your Apple Watch for Kettlebell Training

Proper setup of your Apple Watch is paramount for accurate kettlebell workout tracking. The first step involves selecting the most appropriate workout type within the Workout app. While a specific "Kettlebell" option is absent, choosing "Functional Strength Training" or "Other Workout" (and then manually logging Kettlebell exercises later if desired) are common and effective strategies. For workouts that involve significant cardiovascular demand, such as complexes or high-rep circuits, "HIIT" can be an excellent choice. It's important to consider the primary focus of your session when making this selection.

Once you've chosen your workout type, configure the workout metrics that will be displayed on your watch face during exercise. Most users find it beneficial to have key metrics like Duration, Heart Rate, Calories Burned, and potentially Active Energy displayed prominently. You can customize these through the Workout app settings or by tapping the "..." icon on the workout screen before starting. Ensuring that "Auto-select Workout" is off for your chosen kettlebell-related activity also prevents the watch from inaccurately switching to a different workout type.

Another critical aspect of setup is ensuring your personal information (age, weight, height, sex) is accurately entered into the Health app. This data is used by the Apple Watch to calculate more precise calorie burn estimates. For advanced users, pairing a chest strap heart rate monitor with your Apple Watch can provide even more accurate heart rate readings, especially during intense exercises where the optical sensor might face challenges. While not strictly necessary for basic tracking, it's a valuable upgrade for those seeking maximum data fidelity during their kettlebell sessions.

Key Metrics to Track During Kettlebell Workouts

Several key metrics provided by your Apple Watch are essential for understanding the effectiveness of your kettlebell workouts. **Heart Rate** is perhaps the most crucial, offering a real-time indication of your cardiovascular exertion. Different heart rate zones correspond to different physiological adaptations, and monitoring these zones helps ensure you are training within your desired intensity range, whether it's for fat burning, aerobic conditioning, or anaerobic capacity building.

Calories Burned, or more specifically Active Energy, is another highly sought-after metric. While it's an estimate, it provides a quantifiable measure of the energy expenditure of your kettlebell session. This is particularly useful for individuals managing their caloric intake for weight loss or gain. The accuracy of this metric is heavily influenced by the correct workout type selection and accurate personal data in the Health app.

Workout Duration is straightforward but vital for structuring your training. It helps in setting work-to-rest ratios, planning workout length, and ensuring consistency. For timed circuits or EMOM (Every Minute On the Minute) workouts, the watch's timer function is indispensable. Finally, the Apple Watch also tracks **Total Workout Duration** and can even estimate **Distance** for some workout types,

though distance tracking is less relevant for most static kettlebell exercises.

- Heart Rate (Current, Average, Max)
- Active Energy Burned (Calories)
- Total Workout Duration
- Elapsed Time
- Rest Periods (often inferred or manually logged)
- Steps (secondary, but can be relevant for dynamic movements)

Optimizing Your Kettlebell Workout with Apple Watch Data

Leveraging the data collected by your Apple Watch is the key to optimizing your kettlebell training. By reviewing your post-workout summaries, you can identify patterns and make informed adjustments to your routine. For instance, if your average heart rate during a particular kettlebell workout is consistently lower than you aimed for, it might indicate that you need to increase the weight, perform more repetitions, reduce rest times, or choose a more challenging variation of the exercise.

Conversely, if your heart rate is consistently spiking too high, leading to premature fatigue, you might need to scale back the intensity, increase rest periods, or focus on improving your work capacity. Analyzing your Active Energy burned can also help you fine-tune your nutrition and energy balance. If your goal is weight loss, you can track your weekly energy expenditure from kettlebell workouts and adjust your dietary intake accordingly.

The Apple Watch's performance over time data is invaluable for progressive overload. By looking at trends in your heart rate response, calorie burn, and workout duration for similar kettlebell exercises, you can ensure you are continuously challenging your body. For example, if you've been doing kettlebell deadlifts for a few weeks and notice your heart rate is no longer reaching your target zone for the same set and rep scheme, it's a clear signal that you need to increase the load or volume to continue seeing results.

Advanced Tips for Kettlebell and Apple Watch Integration

For those seeking deeper integration, consider using third-party apps that specialize in strength training tracking. While the native Workout app is functional, apps like Strength Training by Gymshark

or Hevy offer more granular exercise logging, including specific sets, reps, and weights for each kettlebell movement. These apps often sync with Apple Health, allowing you to consolidate your data.

Another advanced tip is to utilize the "Mindfulness" app on your Apple Watch for dedicated breathing exercises or brief recovery periods between demanding kettlebell sets. While not directly tracking kettlebell performance, it supports your overall recovery and mental focus, which are crucial components of effective training. You can also set up custom interval timers within the Workout app or through third-party applications to precisely manage work and rest periods for complex kettlebell routines.

Exploring the "Activity" app's insights can also yield valuable information. It tracks your daily movement, exercise minutes, and stand hours. Consistently meeting your Move, Exercise, and Stand goals, which are influenced by your kettlebell workouts, indicates a good overall activity level. For serious data enthusiasts, syncing your Apple Watch data with platforms like TrainingPeaks or Strava (which can import Apple Health data) allows for more in-depth performance analysis and comparison over longer periods.

Common Challenges and Solutions in Kettlebell Tracking

One of the most common challenges in tracking kettlebell workouts with an Apple Watch is the lack of a specific "Kettlebell" workout category. This can lead to less accurate calorie burn estimates if the wrong workout type is selected. The solution is to experiment with "Functional Strength Training," "HIIT," or "Other Workout" and see which provides the most consistent and sensible data for your typical kettlebell sessions. Many users find that manually logging the specific kettlebell exercises in a strength training app after the fact, which then syncs to Apple Health, offers the highest fidelity.

Another hurdle can be the accuracy of heart rate monitoring during highly dynamic or explosive kettlebell movements. The optical heart sensor on the wrist can sometimes struggle to get a clean reading during rapid, jerky motions or when the wrist is heavily engaged. If you find your heart rate readings seem erratic or unrealistically low during intense kettlebell exercises, consider wearing the Apple Watch on your other wrist, ensuring the band is snug but not too tight, or investing in a chest strap heart rate monitor for superior accuracy.

Finally, the Apple Watch's automatic workout detection might sometimes misinterpret kettlebell exercises as a different activity or fail to detect them altogether. To mitigate this, it's best to manually start and end your kettlebell workouts. You can also adjust the auto-detection settings for specific workout types in the Watch app on your iPhone, though turning it off entirely for strength training can ensure you always have control over your workout logs and prevent inaccurate data capture.

Q: How accurate is the Apple Watch for tracking kettlebell swings?

A: The Apple Watch's accuracy for tracking kettlebell swings can vary. The accelerometer and gyroscope do a decent job of detecting the repetitive, explosive motion of swings, and the heart rate sensor will provide a good indication of cardiovascular exertion. However, the calorie burn estimate is an approximation and depends heavily on selecting the correct workout type (e.g., HIIT or Functional Strength Training) and having accurate personal data in the Health app. For precise weight and rep

tracking, third-party strength training apps that sync with Apple Health are recommended.

Q: Can I log specific kettlebell exercises like deadlifts and snatches on my Apple Watch?

A: The native Apple Watch Workout app does not allow for granular logging of specific kettlebell exercises like deadlifts or snatches. However, you can use the "Other Workout" category or "Functional Strength Training" and then manually add the specific exercises and details (sets, reps, weight) later within the Health app or through a dedicated strength training app that syncs with Apple Health.

Q: Which Apple Watch workout type is best for kettlebell training?

A: For kettlebell training, the best Apple Watch workout types to choose from are typically "Functional Strength Training," "HIIT," or "Other Workout." "Functional Strength Training" is often a good general choice for most kettlebell exercises. If your workout is primarily focused on high-intensity intervals with short rest periods, "HIIT" is a suitable option. "Other Workout" allows you to start tracking immediately and then categorize it more specifically later.

Q: Does the Apple Watch measure power output for kettlebell exercises?

A: No, the Apple Watch does not directly measure or display power output for kettlebell exercises in real-time. Its sensors are designed to track heart rate, movement, and acceleration, which are used to estimate calorie burn and workout intensity. Advanced users might explore external power meters that can sync with compatible devices, but this is not a native feature of the Apple Watch for kettlebell training.

Q: How can I ensure my heart rate data is accurate during kettlebell workouts?

A: To ensure accurate heart rate data during kettlebell workouts, make sure your Apple Watch band is snug and positioned correctly on your wrist. Clean the sensor on the back of the watch regularly. For very intense or dynamic movements where wrist-based sensors might struggle, consider pairing your Apple Watch with a chest strap heart rate monitor for the most precise readings.

Q: What are the benefits of using my Apple Watch for kettlebell workouts?

A: The benefits include accurate tracking of heart rate and estimated calorie burn, which helps in monitoring workout intensity and managing energy balance. It also provides workout duration, facilitates progressive overload by allowing you to see improvements over time, and integrates with the broader Apple Health ecosystem for a comprehensive view of your fitness. Real-time feedback can also help motivate you to push harder or manage your recovery effectively.

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kettlebell workout apple watch: From Russia with Tough Love Pavel Tsatsouline, 2002 In Russia, kettlebells have long been revered as the fitness-tool of choice for Olympic athletes, elite special forces and martial artists. The kettlebell's ballistic movement challenges the body to achieve an unparalleled level of physical conditioning and overall strength. But until now, the astonishing

benefits of the Russian kettlebell have been unavailable to all but a few women. Kettlebells have mostly been the sacred preserve of the male professional athlete, the military and other hardcore types. That's about to change, as Russian fitness expert and best selling author Pavel, delivers the first-ever kettlebell program for women. It's wild, but women really can have it all when they access the magical power of Russian kettlebells. Pavel's uncompromising workouts give across-the-board, simultaneous, spectacular and immediate results for all aspects of physical fitness: strength, speed, endurance, fat-burning, you name it. Kettlebells deliver any and everything a woman could want -- if she wants to be in the best-shape-ever of her life. And one handy, super-simple tool -- finally available in woman-friendly sizes -- does it all. No bulky, expensive machines. No complicated gizmos. No time-devouring trips to the gym.

kettlebell workout apple watch: Training for Life David E. Lapin, 2023-09-14 If you have ever worked out with a personal trainer—or if you are thinking of doing so for the first time—Training for Life is for you. An affirming narrative on the multiple benefits of working with a trainer in one's sixties and beyond, Training for Life is confirmation that you can begin a new regimen of rigorous exercise at virtually any stage of life. Training for Life is also a personal memoir on the author David E. Lapin's six-year journey of camaraderie with two trainers whom he initially met at Equinox Sports Club Boston: Austin Rowe and Pete Goulet. Theirs is a story of growing friendship and mutual support, transcending the forty-plus-year age difference between Lapin—who began training at age sixty-six—and Rowe and Goulet. Lapin deftly weaves a story that is both entertaining and inspiring. Training for Life will appeal to readers who are themselves seniors, as well as those professionals in health and fitness fields who work with them. It is also for anyone eager to learn more about the opportunities for renewed health and vigor that working out provides.

kettlebell workout apple watch: *Kettlebell Exercise Encyclopedia VOL. 4* Taco Fleur, 2019-08-16 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 kettlebell squat, swing, and windmill exercise variations. Each subject has just enough information to keep it basic and understandable. Kettlebell Squat The squat is a movement in which three joints flex, namely the ankle, knee, and hip joints. During the movement, the objective is to get the hips as low to the ground as possible while keeping the shoulders as high as possible. The squat can be performed in with the kettlebell(s) overhead, racked, or dead, however, when dead, it will be moved to the category of a lift. Kettlebell Swing A swing takes place when an object moves back and forth or from side to side while suspended. The swing is the foundation for many other exercises, such as the clean and snatch. The swing can be actioned as a pull or pendulum. The most common variation outside of the sport world is the pulling version whereas in the sport world it's the opposite and the pendulum is common. Kettlebell Snatch A snatch is a movement in which the kettlebell 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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and understandable.

kettlebell workout apple watch: Kettlebells for Women Zoe Hall, 2020-06-19 Want to burn as many calories per minute as running a 6-minute mile would... without actually running? Are you tired of feeling weak and ashamed of the extra pounds you've put on, wanting desperately to lose weight and finally feel confident in your bare skin? Are you looking for a way to melt fat fast, one that won't require hours upon hours of training or end up being tough on your joints? Have you tried weight training as a way to lose weight in the past, yet felt completely lost in the jungle of strange-looking equipment and didn't know what to do with your body? If you answered 'yes' to any of the above questions, then the kettlebell may just become your new best friend. For rapid weight loss, kettlebell workouts are one of the most effective ways to get that toned, sexy body you've always wanted. According to Livestrong, several studies have been conducted revealing how subjects burned an average of 20 calories per minute during kettlebell workouts. That's the same number of calories burned per minute as running a 6-minute mile! Knowing that-along with the fact that kettlebell exercises can be done by anyone of any fitness level-who wouldn't rush straight to Amazon, order a kettlebell or two, and get started right away? Don't jump in just yet, though! You'll need proper guidance to help you through the process to avoid injuries and set you on the right track towards success. In *Kettlebells for Women*, you will discover: Why training with nothing but kettlebells is the secret you've been searching for to experience permanent fat loss without spending countless hours in the gym Exactly how to begin your kettlebell weight loss journey, even if you've never touched a kettlebell or tried strength training before 9 fully mapped-out kettlebell workout routines for toning your entire body, ranging from beginner to advanced level Step-by-step guidance on how to perform each exercise, allowing you to perfect your form and accelerate fat-burn for quick results The surprising benefits that using kettlebell exercises offers for weight loss, allowing your dream of finally achieving that lean, trimmed body you've always wanted to become reality A compilation of the best warm-up and cool-down exercises to complement your kettlebell training, reducing the risk of injuries and boosting your performance Bonus: How to design your own foolproof kettlebell routine according to your fitness goals and athletic abilities And much more. It doesn't matter if you live in an apartment, a house, or a dorm room-kettlebell workouts are something you can do anywhere, even if you don't have much space to work with. With very little equipment, it'll be the easiest and most effective at-home gym set-up you can get at minimal expense. If you're a busy-bee like many of us are these days, you can still conveniently squeeze in a workout that packs a punch in just 30 minutes or less. No matter how full your schedule is, anyone can set aside half an hour if it means the difference between having a muffin top or looking toned and sexy. Say goodbye to intimidating gym sessions, and say hello to your stubborn fat's worst nightmare. If you want to discover how to achieve the body of your dreams without spending a lifetime in the gym, then scroll up and click the Add to Cart button right now.

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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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kettlebell workout apple watch: [Kettlebell for Men](#) Alex Jones, 2020-06-20 Do You Want to Know the Bodybuilding Secret of Soviet Athletes Who Have Been Crushing the Olympics Since 1952? Russian athletes won 426 medals in six Summer Olympic appearances. Over 76 percent of all wrestling medals won between 1969 and 1996 went to USSR and Russia. Want to know how? The answer is simple - uncompromising strength training using a very basic piece of equipment. Do you want to beat the results of Russian bodybuilders while also burning more than 400 calories in 20 minutes? Do you want to bulk up in all the right places, get that six-pack you've always dreamed of, maximize your strength and your stamina? You can accomplish all of those by spending just \$32 on a single item. The mighty kettlebell! Kettlebells are often described as a handheld gym for a very good reason - they're so versatile that you can train nearly every part of the body with them. Not only that, kettlebell exercises are multiplanar. To put that in simple terms, you'll engage numerous muscles at the same time to get that mind-blowing full-body shredding and muscle building routine. A kettlebell isn't a dumbbell and it most definitely isn't a barbell. Unlike these two, it's versatile, it can be used to tone every imaginable muscle and a workout with this basic, somewhat rough-looking piece of equipment will be so tough that you'll feel the pump for hours after you're done. Do you want to: Do Schwarzenegger-level bodybuilding Maximize your functional strength Work out anywhere, anytime... yes, even in your tiny room Strengthen your core and get those sexy toned abs Improve your balance Improve your posture Gain the confidence that all men with lean physique

enjoy? If so, you need to head to the nearest sports store and buy a kettlebell right now. Once you have your handheld gym, you'll simply have to master your form and technique to make the most of this relatively easy to use exercise option. In *Kettlebell for Men*, you will discover: Kickass reasons why the kettlebell is going to be the last piece of exercise equipment you'll ever need to purchase Why you need to ditch circuit training right now and get your kettlebell on What the heck is ballistic exercise and why it will get you shredded like never before 8 pro consideration when buying a kettlebell for the very first time Expert guidance on doing a kettlebell swing like a pro plus 29 full-body exercises for beginners, intermediate and advanced kettlebell users A straightforward 30-day program to transform your physique and your mind Upper body, lower body, core and balance routines to test out right now for a stronger, leaner and more muscular body in just a few weeks The best strategies for the creation of your own personalized kettlebell workout And much more! You don't need a home gym, you don't need a gym membership and you most definitely don't need expensive tools to make those natural gains right now. If it works for professional athletes, a kettlebell will most definitely work for you, as well. You simply need to check out the proper techniques and safest practices in order to get shredded, get fit and get the body you've always dreamed of. So, what are you waiting for? Your perfect physique could be just a month away. Scroll up and click the Add to Cart button now to learn the secrets of highly effective kettlebell workouts.

kettlebell workout apple watch: Kettlebell Workouts Sage Surefire, 2015-08-05 One Kettlebell 100 Exercises - You Don't Need A Gym AnymoreThe Soviet Secret To Absolute Fitness10 years ago few people outside of the Soviet Union knew what a kettlebell was. Today it has morphed into the 'in' piece of equipment for fat loss and functional fitness. But make no mistake - kettlebells are no passing fad. They've been around for well over a century and their time in the lime-light is well over-due. Simply put, they are one of the most time efficient ways to achieve functional whole-body fitness, while developing explosive strength and power. They're also a great way to burn through the calories and achieve peak aerobic fitness. Here's What Kettlebells Can Do For You...Improve explosive power and maximal strengthDevelop functional muscle massEnhance muscular enduranceBurn up to 20.2 calories per minutePromote coordination among all the muscles of the bodyBlast the often neglected but vital muscles of the posterior kinetic chain (the muscles you don't see in the mirror)A superior and targeted way to correct lower back issuesVersatility - one kettlebell, over 100 exercises -enough said! I've Put Everything Together For YouIn this book you will learn exactly how to use kettlebells to forge your new body. We'll show you how to handle them, how to use them in your workouts and how to build programs around them for fat loss, muscle mass and cardio fitness. It's time to start putting those weird bowling balls with handles to use! What Makes My Title Different? Look At What You GetKettlebell FoundationGetting To Know Your KettlebellClothing ConsiderationsSafetyKettlebell Movement TechniqueKettlebell Breathing TechniqueThe 13 Soviet Kettlebell Moves With Full Descriptions And Directions6 Optimized Soviet Kettlebell Routines As FollowedBeginner Workout for Fat LossIntermediate Workout for Fat LossAdvanced Workout for Fat LossBeginner Workout for Muscle GainIntermediate Workout for Muscle GainAdvanced Workout for Muscle GainThe Tabata Protocol Gone Are The Days Where You Need A Gym To Build A World Class PhysiqueGet your copy of this absolute blueprint to building a world class physique with only a kettlebell.

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subjects burned an average of 20 calories per minute during kettlebell workouts. That's the same number of calories burned per minute as running a 6-minute mile! Knowing that--along with the fact that kettlebell exercises can be done by anyone of any fitness level--who wouldn't rush straight to Amazon, order a kettlebell or two, and get started right away? Don't jump in just yet, though! You'll need proper guidance to help you through the process to avoid injuries and set you on the right track towards success. In *Kettlebells for Women*, you will discover: Why training with nothing but kettlebells is the secret you've been searching for to experience permanent fat loss without spending countless hours in the gym Exactly how to begin your kettlebell weight loss journey, even if you've never touched a kettlebell or tried strength training before 9 fully mapped-out kettlebell workout routines for toning your entire body, ranging from beginner to advanced level Step-by-step guidance on how to perform each exercise, allowing you to perfect your form and accelerate fat-burn for quick results The surprising benefits that using kettlebell exercises offers for weight loss, allowing your dream of finally achieving that lean, trimmed body you've always wanted to become reality A compilation of the best warm-up and cool-down exercises to complement your kettlebell training, reducing the risk of injuries and boosting your performance Bonus: How to design your own foolproof kettlebell routine according to your fitness goals and athletic abilities And much more. It doesn't matter if you live in an apartment, a house, or a dorm room--kettlebell workouts are something you can do anywhere, even if you don't have much space to work with. With very little equipment, it'll be the easiest and most effective at-home gym set-up you can get at minimal expense. If you're a busy-bee like many of us are these days, you can still conveniently squeeze in a workout that packs a punch in just 30 minutes or less. No matter how full your schedule is, anyone can set aside half an hour if it means the difference between having a muffin top or looking toned and sexy. Say goodbye to intimidating gym sessions, and say hello to your stubborn fat's worst nightmare.

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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 row is also considered a compound exercise as it works multiple muscle groups at the same time, but I personally would put it low on the list of compound qualities, however, there is a clear reason I included this in the program and that is to work those areas often neglected in kettlebell training.

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