

the best kettlebell workouts

The best kettlebell workouts offer a dynamic and efficient way to build strength, improve cardiovascular health, and enhance overall athleticism. Integrating kettlebell training into your routine can lead to significant improvements in functional fitness, power, and endurance. This comprehensive guide will delve into the most effective kettlebell exercises, explain how to structure your workouts for maximum benefit, and provide insights into why kettlebell training is such a powerful tool for fitness enthusiasts of all levels. We will explore foundational movements, advanced techniques, and strategies for creating a well-rounded kettlebell program designed for optimal results.

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Understanding Kettlebell Workouts

Kettlebell workouts are a unique form of resistance training that leverages the ballistic and swinging nature of kettlebell movements. Unlike traditional dumbbells, the kettlebell's center of mass is offset from the handle, creating an inherently dynamic and challenging exercise. This design engages stabilizer muscles more effectively, leading to improved core strength and proprioception. The versatility of kettlebell exercises allows for compound movements that work multiple muscle groups simultaneously, making them incredibly time-efficient for achieving a full-body workout.

The efficacy of kettlebell workouts lies in their ability to combine strength training with cardiovascular conditioning. Many kettlebell exercises, such as the swing, snatch, and clean and jerk, are performed with explosive power, elevating the heart rate significantly. This dual-action benefit means you can improve muscular strength and endurance while simultaneously boosting your aerobic capacity, making it an ideal choice for those seeking to maximize their training time and results.

Essential Kettlebell Exercises for Beginners

For those new to kettlebell training, mastering a few fundamental exercises is crucial for building a solid foundation and preventing injury. These movements, when performed with proper form, engage major muscle groups and prepare the body for more complex variations. Focusing on controlled movements and gradually increasing weight is key during the initial stages of kettlebell practice.

The Kettlebell Swing

The kettlebell swing is arguably the cornerstone of kettlebell training. It's a hip-hinge movement that primarily works the posterior chain: hamstrings, glutes, and lower back, while also engaging the core and shoulders. Proper execution involves driving the hips back, allowing the kettlebell to swing between the legs, and then explosively extending the hips to propel the kettlebell forward to chest or eye level. It is crucial to maintain a neutral spine and avoid using the arms to lift the weight; the power comes from the hips.

The Goblet Squat

The goblet squat is an excellent exercise for building lower body strength and improving squat mechanics. Holding the kettlebell by the horns close to the chest forces an upright torso and promotes a deeper squat. This variation is particularly beneficial for individuals who struggle with traditional barbell squats due to mobility limitations. It effectively targets the quadriceps, glutes, and hamstrings, while also reinforcing core engagement.

The Kettlebell Deadlift

The kettlebell deadlift is a fundamental movement for building strength in the posterior chain and improving overall lifting technique. Similar to a conventional deadlift, it involves hinging at the hips and bending the knees to grip the kettlebell placed on the floor. The key is to maintain a flat back, engage the glutes and hamstrings to lift the weight, and stand tall at the top. This exercise is vital for developing functional strength and preparing the body for more dynamic movements.

The Turkish Get-Up (TGU)

The Turkish Get-Up is a complex but incredibly rewarding full-body exercise. It involves a controlled sequence of movements from lying on your back to standing up with the kettlebell overhead, and then returning to the starting position. This exercise significantly improves shoulder stability, core strength, mobility, and coordination. It's an excellent exercise for building resilience and developing intricate body control.

Advanced Kettlebell Techniques for Explosive Power

Once you have a solid grasp of the foundational kettlebell exercises, you can progress to more dynamic and advanced movements. These techniques focus on developing explosive power, coordination, and conditioning, pushing your fitness to the next level. Proper technique and gradual progression are paramount to safely executing these challenging exercises.

The Kettlebell Snatch

The kettlebell snatch is a powerful, explosive movement that combines a pull and a press in a single, fluid motion. It involves lifting the kettlebell from the floor to an overhead position in one continuous, dynamic movement. The snatch is a full-body exercise that taxes the cardiovascular system significantly and builds explosive strength in the legs, hips, back, and shoulders. Mastering the swing is a prerequisite for learning the snatch correctly.

The Kettlebell Clean and Jerk

The clean and jerk is another highly effective power movement that involves two distinct phases: the clean, where the kettlebell is brought from the floor to the rack position at the shoulder, and the jerk, where the kettlebell is driven overhead using a dip and drive from the legs. This exercise is exceptional for developing explosive hip and leg power, as well as upper body strength and stability. It's a foundational lift for Olympic weightlifting and translates well to kettlebell conditioning.

The Kettlebell Windmill

The windmill is a fantastic exercise for developing core strength, shoulder stability, and oblique engagement. With the kettlebell held overhead, you hinge at the hips and torso, reaching down towards the foot on the opposite side while maintaining a straight back and controlled movement. This exercise challenges your anti-rotational strength and improves lateral flexion and thoracic mobility.

Kettlebell Complexes and Flows

Kettlebell complexes and flows involve performing a series of exercises back-to-back with the same kettlebell without setting it down. This method dramatically increases the cardiovascular demand and metabolic stress, leading to significant fat loss and endurance gains. Flows are even more advanced, linking multiple movements together in a seamless, often martial-arts inspired, sequence. These are excellent for improving conditioning and skill acquisition.

Structuring Your Kettlebell Workout Program

Designing an effective kettlebell workout program requires careful consideration of your fitness goals, current fitness level, and recovery capacity. Whether you're aiming for strength, endurance, fat loss, or a combination, a structured approach will yield the best results.

Full-Body Kettlebell Workouts

Full-body kettlebell workouts are ideal for maximizing efficiency and hitting multiple muscle groups in a single session. These typically involve selecting 2-4 compound exercises that target different areas of the body. For example, a beginner full-body session might include goblet squats, kettlebell swings, and bent-over rows. An intermediate or advanced workout could incorporate snatch variations, cleans, and windmills. Aim for 3-4 sets of 8-15 repetitions for strength and hypertrophy, or perform for time (e.g., 30-60 seconds on, 15-30 seconds rest) for conditioning.

Kettlebell Circuit Training

Circuit training with kettlebells involves performing a series of exercises in a circuit, moving from one exercise to the next with minimal rest. This approach is highly effective for cardiovascular conditioning and calorie expenditure. A typical kettlebell circuit might include 5-7 exercises like kettlebell swings, burpees, renegade rows, goblet squats, and jump lunges. Complete one round of the circuit, rest for 1-2 minutes, and repeat for 3-5 rounds. Adjust the exercises and rest periods based on your fitness level.

Kettlebell Strength and Power Focus

To prioritize strength and power, focus on lower repetition ranges (3-6 reps) with heavier kettlebells and longer rest periods (2-3 minutes) between sets. Key exercises for this approach include heavier kettlebell swings, cleans, snatches, and squats. Include strength-focused accessory work such as kettlebell presses and rows. This type of training is best suited for individuals with a solid foundation in kettlebell technique.

Kettlebell Endurance and Conditioning

For endurance and conditioning, prioritize higher repetitions (15-20+ reps) or timed intervals with moderate weight. Kettlebell swings, cleans, and snatches are excellent for this. Incorporate EMOM (Every Minute On the Minute) or AMRAP (As Many Rounds As Possible) protocols. For instance, an EMOM workout could involve performing 10 kettlebell swings at the start of every minute for 10 minutes. This type of training is highly effective for fat loss and improving work capacity.

Benefits of Kettlebell Training

The benefits of incorporating kettlebell workouts into your fitness regimen are extensive and impactful. From enhanced physical capabilities to improved overall health, kettlebells offer a unique training modality that yields remarkable results.

- **Full-Body Engagement:** Many kettlebell exercises are compound movements that work multiple muscle groups simultaneously, promoting functional strength and efficient workouts.
- **Improved Cardiovascular Health:** The dynamic and ballistic nature of kettlebell exercises, especially swings and snatches, significantly elevates heart rate, improving cardiovascular fitness and endurance.
- **Enhanced Core Strength:** The offset weight of the kettlebell requires constant engagement of the core muscles for stability, leading to a stronger and more resilient core.
- **Increased Power and Explosiveness:** Exercises like the snatch and clean and jerk develop explosive power, which is beneficial for athletic performance and everyday activities.
- **Improved Grip Strength:** Holding and maneuvering kettlebells, especially during swings and snatches, significantly enhances grip strength, which is often a limiting factor in other exercises.
- **Greater Mobility and Flexibility:** Certain kettlebell movements, such as the Turkish Get-Up and windmill, promote improved range of motion and joint mobility.
- **Fat Loss and Calorie Expenditure:** The combination of strength and cardiovascular stimulus makes kettlebell workouts highly effective for burning calories and promoting fat loss.
- **Versatility and Portability:** Kettlebells are compact and versatile, allowing for a wide range of exercises and making them ideal for home workouts or travel.

FAQ: The Best Kettlebell Workouts

Q: What are the most effective kettlebell exercises for beginners?

A: The most effective kettlebell exercises for beginners include the kettlebell swing, goblet squat, kettlebell deadlift, and the Turkish Get-Up. These movements build a solid foundation of strength, stability, and coordination.

Q: How often should I do kettlebell workouts?

A: For optimal results and recovery, aim for 2-4 kettlebell workouts per week, depending on your fitness level and the intensity of your sessions. Allow at least one rest day between intense kettlebell training days.

Q: Can kettlebell workouts help with weight loss?

A: Absolutely. Kettlebell workouts, particularly those involving dynamic movements like swings and snatches, are highly effective for burning calories and boosting metabolism, making them excellent

tools for weight loss and fat reduction.

Q: What is the difference between kettlebell training and dumbbell training?

A: The primary difference lies in the center of mass. A kettlebell's center of mass is offset from the handle, making movements more dynamic and engaging stabilizer muscles more intensely than with dumbbells. Kettlebells are also better suited for ballistic and explosive movements.

Q: How do I choose the right kettlebell weight?

A: For beginners, start with a weight that allows you to comfortably perform 8-10 repetitions with good form for exercises like the swing and goblet squat. You should feel challenged by the last few reps. As you get stronger, gradually increase the weight.

Q: Are kettlebell workouts suitable for improving athletic performance?

A: Yes, kettlebell workouts are exceptionally well-suited for improving athletic performance. They enhance power, explosiveness, grip strength, and cardiovascular endurance, all of which are crucial for many sports.

Q: How can I prevent injuries with kettlebell workouts?

A: Proper form is paramount. Start with lighter weights and focus on mastering the technique for each exercise. Warm up thoroughly before each session and cool down afterward. Listen to your body and do not push through sharp pain.

Q: What are kettlebell complexes, and why are they beneficial?

A: Kettlebell complexes are sequences of exercises performed back-to-back with the same kettlebell without setting it down. They are highly beneficial for increasing cardiovascular conditioning, muscular endurance, and metabolic stress in a time-efficient manner.

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the best kettlebell workouts: *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.

the best 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 heart rate 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.

the best kettlebell workouts: Get in Shape with Kettlebell Training Julie Schoen, Little Pearl, 2013-06-12 Are You Ready To Look Better Than You Ever Have Before? No Gyms Or Expensive Equipment Required! Author and fitness guru Julie Schoen will take you step-by-step through the best Kettlebell exercises to help you build strength and tone and sculpt muscles faster than ever before. These effective do-at-home routines will put the fun back into your workouts, ensuring that you will never have to pay a steep gym membership or shower in a public bathroom again! Schoen's challenging 10, 20, and 30-minute Kettlebell workout plans will help you tone your body from head to toe. After having a baby less than a year ago, Schoen is living proof that these workouts really do work! Filled with detailed instructions and helpful photos, Get In Shape will make sure that you are satisfied with the results. Discover The 30 Best Kettlebell Exercises To: * Sculpt Your Arms * Define Your Back * Strengthen And Shape Your Legs * Increase Endurance * Create An Amazing Body In Less Time! Don't spend another minute doing exercises that won't give you the results you want! Buy this edition of Get In Shape today and get start sculpting a seriously sexy body! BONUS! Don't miss out on killer workout jam mixes included in the book! They're almost as awesome as you...

the best kettlebell workouts: Kettlebell Workouts For Beginners Paul Keithley, 2015-02-24 The kettlebells have been used in many centuries for ballistic training by athletes. They have become the ultimate forms of exercises since they work out all the muscles of the body at once. The bells are effective mostly for strengthening and flexing the muscles of the body, from the toes to the upper part of the body. There are different techniques that are meant to have effect on different body muscles. Most of the professional trainers in the world have adopted the use of the kettlebells to keep their players in form by strengthening their muscles. However, the use of this training kits should be done in a professional way to avoid injuries. This is however mostly in the case of beginners. By the end of this book, you will progress to the more skilled level and not just the beginner.

the best kettlebell workouts: Kettlebell Agustin Barba, 2022-09-20 This book is going to help lay the foundation for those who are aiming to lift heavy and build serious muscle. If someone is looking to get stronger and wants to incorporate new techniques that are going to shock the muscle into pushing forward, kettlebells are the way to go. This is a read that is essential for those who want to know the ins and outs of how to incorporate kettlebells into their routine. This guide will

cover the popular conventional double-arm kettlebell swing which is the version of the kettlebell swing where you hold on to the kettlebell with two hands and perform a hip hinge movement to move the kettlebell back and forth in one explosive movement. This book is all about quick access to information. I've taken feedback from other books onboard where people said it was too expensive, there was too much information and they just wanted to dive straight in.

the best kettlebell workouts: Kettlebell: Master the Fat-burning Workout for Total Body Transformation (Best Kettlebell Routine Full Body Exercises for Core, Abs, Glutes, Legs, and Upper Body Training) James Standridge, 101-01-01 Kettlebell complexes are one of my favorite kettlebell exercises because they provide a full-body, intensive workout in a short period of time. A kettlebell complex consists mostly of a sequence of distinct movements that are tied together. You complete the whole string of movements before dropping the kettlebell. Kettlebell complexes are beneficial because they provide a high-intensity, full-body workout in a short period of time. These kettlebell workouts can also help you improve your muscular strength, boost weightless and increase power. Here is a preview of what you'll learn... • What is Kettlebell Training and Why Is It Good For You • How Heavy Should You Lift? • Amazing Upper Body Exercises • Amazing Lower Body Exercises • The Ultimate Combo Exercises • And much, much more! You will be able to challenge yourself and develop incredible strength and unmatched conditioning with this body of work. By simply varying the density, intensity and volume of the workouts included, each workout becomes four!

the best kettlebell workouts: Kettlebell Workouts And Challenges 4 Taco Fleur, 2023-08-17 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 Cavemantraining, creating workouts since 2009. We have made it our mission to do things differently from the start and go against the grain. We're not stuck on one style or one way of doing things. We experiment, we analyze, we progress, and we create some of the best hybrid workouts out there. Cavemantraining is a pioneer in the kettlebell world. We've designed over one thousand unique and original kettlebell workouts. Each one has been carefully designed with a goal in mind, so there's something for everyone looking to improve their strength through kettlebells. Since 2009, Cavemantraining has served over 18,000 online students, sold over 15,000 books, created videos with over 12 million views, and built online communities reaching over 150 thousand people. We hope you'll allow us to be a part of your journey as you discover and learn everything there is about the kettlebell. Who Will Benefit From Buying This Book? Literally, anyone who has at least one

kettlebell and is interested in some of the world's best kettlebell workouts will benefit from buying this book. There are basic workouts, beginner workouts, complex, double kettlebell, and advanced exercises in this book, but it's for everyone. I provide clear instructions on how to perform two-kettlebell workouts if you only have one bell, and I explain alternatives and progressions so that you can complete the workout and work your way up to the more advanced exercise when they are used. This book is for those who are tired of performing boring workouts that just contain swings, presses, squats, and presses. This book is for those who want to venture further and expand their knowledge to see what's truly available in the kettlebell world. It's for people who want to benefit from endurance, cardio, strength, power, flexibility, mobility, hybrid workouts, and so much more exciting training.

the best kettlebell workouts: Kettlebell Exercise Encyclopedia VOL. 5 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 combos, isolation, and multi-planar exercises. Each subject has just enough information to keep it basic and understandable. Kettlebell Combo A kettlebell combo is a combination of several exercises put together and performed one after the other, usually in a flowing manner. Combos can be as simple as 2 exercises combined, but also as complex as 6 exercises or more combined. They are also referred to as a complex. A good example of some well-known combos are the clean and jerk, clean and press, a good example of a more complex combo is the UKC (Ultimate Kettlebell Combo) which consists out of a deadlift, hang clean, swing clean, swing, half snatch, and strict press. A really simple but powerful combo is the double kettlebell half snatch and squat thruster, also known as WBKC (World's Best Kettlebell Combo). Isolation Exercises This book wouldn't be complete without some isolation exercises. Isolation exercises are those that involve only one joint and a limited number of muscle groups. Isolation allows you to focus more and go heavier. A good example is an exercise that is performed standing up, standing up will require more muscle recruitment, whereas a laying down exercise will take out all those muscles that were required to stand up, i.e. calves, quadriceps, gluteals, erector spinae, and many more. Multi-planar Exercises The exercises listed in this category are not the only multi-planar exercises, there are 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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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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