

Kettlebell Training.pdf

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[Kettlebell - Wikipedia](#)

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The kettlebell is a cast iron or cast steel ball with a handle attached to the top (resembling a cannonball with a handle). It is used to perform many types of exercises, including ballistic exercises that combine cardiovascular, strength and flexibility training. They are also the primary equipment used in the weight lifting sport of kettlebell lifting

[The best kettlebell workout | Muscle & Fitness](#)

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Kettlebell - Wikipedia

[AthleanX Workouts - Weeks 9-12.pdf | Strength Training ...](#)

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[Kettlebell Training Fundamentals Ebook—a book for ...](#)

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You should buy this book if you are just getting started with kettlebell training; or want to learn how to teach your clients the fundamentals of kettlebell training; or want to do things right from the beginning and learn all the important things usually overlooked; or want to lay the foundations to become a PRO kettlebell enthusiast or trainer.

[Kettlebell lifting - Wikipedia](#)

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Kettlebell Sport lifting (Russian: ????????, girevoy sport "GS") is a repetitive weight lifting sport performed with kettlebells in a given period of time. Competitive kettlebell lifting has a long history in Russia and Eastern Europe, but developed as an organised, standard sport under the name kettlebell lifting during the 1960s.

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