



## Killer Kettlebell Wod Bible: 200+ Cross Training Kb Workouts

By P Selter

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 200 x 126 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.BONUS - exclusive content upon redemption. Kettlebells. the Russian super weapon that has been dominating the fitness industry for the past decade! Here is A Preview Of What the Killer Kettlebell WOD Bible contains: A comprehensive list of the health benefits of Cross Training In depth terminology to help you understand the abbreviations and lingo used in Cross Training An explanation of what a kettle actually is along with its Russian heritage Benefits of kettlebell training revealed \*\*\*must read!\*\*\* Common kettlebell exercises form explained - including photos Kettlebell training mistakes revealed, along with how to avoid them 200+ Cross Training kettlebell workouts! 20 assorted bonus WODs And Much More!.



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