

Kettlebell Conditioning, ; 192 pages; Meyer & Meyer Verlag, 2011; 9781841263168; 2011; Paul Collins

New from Shihan, The Kettlebell Conditioning System is the ultimate guide to Kettlebell training. Renowned Kettlebell and fitness trainer Steve Maxwell teaches his core Kettlebell lifts along with his unique training system in an easy to understand, step by step fashion.Â Included in this book is his powerful 8 week training system along with 8 specialty workout programs that will get you in the best shape of your life. Most of the kettlebell books are also available on Amazon or iTunes. Master Kettlebell Grips (FREE) Understand how important grips are to your kettlebell training progression and learn all possible grips. â†' Get it on Cavemantraining.Â Kettlebell Exercise Encyclopedia All kettlebell exercises with description and photos and in one handy book. â†' Get it on Cavemantraining, Amazon Kindle or paperback. Kettlebell Books. Filter Products. See All. Kettlebell Books. These kettlebell books focus on either training and technique, workout routines, or eating healthy to lose weight with kettlebells.Â The RKC Book of Strength and Conditioning can be considered as a "best of" compilation of workouts from expert kettlebell trainers and instructors. Suited for intermediate to advanced kettlebell users, youâ€™ll learn how these trainers improved their bodies and those of their clients. The Russian Kettlebell Challenge certification requires a set of both physical and mental skills to pass. The New Kettlebell Conditioning System is renowned Kettlebell and fitness trainer Steve Maxwells, unique training system in an easy to comprehend book and DVD format. On the Kettlebell Conditioning system DVD, Steve teaches the 59 most important single and double Kettlebell lifts with details and training tips not previously seen on any of his DVDs. This is Steveâ€™s most in-depth instructional DVD to date and with over 80 minutes of non-stop Kettlebell instruction!