



# **Killer Kettlebell WOD Bibel: 200+ Cross Training KB Trainings (German Edition)**

*P Selter*

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Kettlebells... The Russian Super Weapon That Has Been Dominating The Fitness Industry For The Past Decade! A Comprehensive Guide to Kettlebell Training - Including OVER 200 Workouts Designed to Obliterate Fat, Build Muscle, Get Strong & Increase Endurance \* \* \*BONUS CONTENT UPON REDEMPTION\* \* \* Let me ask you a few quick questions... Are you tired of spending endless hours walking on the treadmill? Are you sick of following the same boring workout regime week after week? Are you training hard, yet struggling to see results? Do you struggle to find time to get in a proper workout? Do you want to build explosive athletic power and strength, along with unbreakable confidence and a mindset to match? If you answered 'Yes!' to any of these questions then the Kettlebell WOD Bible is a MUST READ Here Is A Preview Of What You'll Learn Inside... •A Comprehensive List Of The Health Benefits Of Cross Training •In Depth Terminology To Help You Understand And Master Exercise & Workout Abbreviations •An Explanation Of What A Kettlebell Actually Is Along With Its Russian Heritage •Benefits Of Kettlebell Training Revealed \*\*\*MUST READ\*\*\* •Kettlebell Exercises Explained (Correct Form Including Photos) •Kettlebell Training Mistakes Revealed & How To Avoid Them •200 Cross Training Kettlebell Workouts! •20 Assorted Bonus Workouts •Kettlebell WODs •Cross Training Recommended Equipment \*\*\*October 2014\*\*\* •Much, much more!

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