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Price World Enterprises, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book. Whether you are a beginner, an expert, or somewhere in between, Hardcore Kettlebell Training for Men is your essential guide to training with kettlebells. This book contains nine action-packed circuits with more than 30 unique kettlebell exercises. Unlike other kettlebell-training books, this book was written exclusively for men. Each exercise is expertly demonstrated with photographs and detailed instructions. The kettlebell...

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- Authored by James P. McHale
- Released at 2015



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