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KETTLEBELL CONDITIONING: 4-PHASE BODYBELL TRAINING SYSTEM WITH AUSTRALIAS BODY COACH



Meyer & Meyer Sport. Paperback. Condition: New. 192 pages. Dimensions: $9.4 \text{in.} \times 6.5 \text{in.} \times 0.7 \text{in.}$ Every good exercise program starts with a method by which training principles are based upon. In Kettlebell Conditioning, Coach Collins has developed the 4-Stage BodyBell(R) Training SystemA that allows you to learn the basic strength and swing pattern drills before more complex power orientated movement patterns. The unique shape of the kettlebell challenges the whole body as the hand, arm, shoulder and core region controls the...

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- Authored by Paul Collins
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