



Body Sculpting With Kettlebells For Men: Over 50 Total Body Exercises (Paperback)

By Roger Hall

Hatherleigh Press, U.S., United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Unlike traditional dumbbells, the true power of the kettlebell lies in its unique shape. Because its centre of mass is extended beyond the hand, more muscle groups are utilised in the swinging and movement of a kettlebell as opposed to the lifting of dumbbells, thus producing a much more effective workout. For this reason, the kettlebell has attracted attention from fitness professionals and is being increasingly adapted for the general public. This book gives readers a comprehensive guide to using this unique fitness tool, complete with workouts for people of all fitness levels.

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