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KETTLEBELL WORKOUTS FOR WOMEN: KETTLEBELL TRAINING AND EXERCISE BOOK



Speedy Publishing LLC, United States, 2015. Paperback. Book Condition: New. 234 x 158 mm. Language: English . Brand New Book. Are you looking for excellent comprehensive workout, with limited equipment, that will get you results? A Kettlebell workout may be the right tool for you to get into shape and keep you in shape. Training with kettlebells can result in very impressive results and lead to improved balance, strength, power and aerobic abilities.

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- Authored by Charles Maldonado
- Released at 2015



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