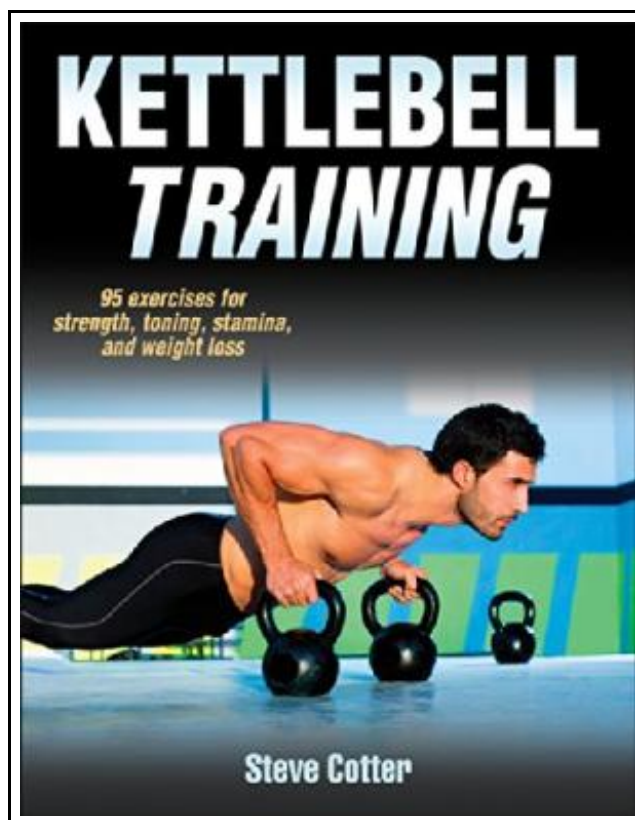


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KETTLEBELL TRAINING



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Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Kettlebell Training, Steve Cotter, This is the no-nonsense guide that athletes, fitness enthusiasts, and strength and conditioning specialists have been waiting for. Kettlebells have been around for centuries, but it's only in recent years that the all-in-one handheld gym has taken the fitness world by storm. In 2011 alone, nearly 47 million Americans used some form of hand weights and the popularity of kettlebells continues to rise thanks to the way they help improve strength, endurance, coordination and balance. Few people are more knowledgeable about the benefits of kettlebell use than Steve Cotter. A leading kettlebell expert, martial artist and certified strength and conditioning specialist, Cotter has trained professional American Football teams, Navy SEALs and the United States Marine Corps. Offering extensive coverage on getting started with kettlebells, including setting goals, assessing fitness and using safe technique, this guide features step-by-step instructions for each exercise along with photo sequences depicting key movements.



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