

# Kettlebells For Women: Workouts For Your Strong, Sculpted And Sexy Body - Lauren Brooks

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GET A STRONG, SEXY, SCULPTED KETTLEBELL BODY Whether you're looking to get in better shape, spice up your exercise regimen or challenge yourself with the ultimate high-intensity workout, kettlebells are the perfect tool to take you to the next level. With over 300 step-by-step photos, Kettlebells for Women presents a solid 12-week program packed with exercises that produce unmatched results for: burning fat and increasing lean muscle mass enhancing balance, coordination and flexibility increasing and developing rock-hard core stability improving sports performance shaping legs, back and shoulders firming and lifting glutes Kettlebells for Women teaches the proper way to do primary lifts as well as variations so you can use kettlebells safely and effectively to transform your current workout into a fun, dynamic program for sculpting and strengthening your entire body. Author: Brooks, Lauren Publisher: Ulysses Press Illustration: N Language: ENG Title: Kettlebells for Women: Workouts for Your Strong, Sculpted and Sexy Body Pages: 00144 (Encrypted EPUB) / 00144 (Encrypted PDF) On Sale: 2012-01-10 SKU-13/ISBN: 9781612430270 Category: Health & Fitness : Exercise

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