



Kettlebell Kickboxing: Every Woman's Guide to Getting Healthy, Sexy, and Strong

Dasha Libin Anderson

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You only have one body, and your body has amazing potential. But you also only have one life—why waste more of it than you need to at the gym? Kettlebells, the swingable weights found in gyms and homes everywhere, burn up to four times the fat of other workouts. But they are often ignored or misused, causing wasted time or even injury.

Dasha Libin Anderson teaches a one-two punch of kettlebells and martial arts, rolling strength training and cardio into one workout for women that burns five hundred to one thousand calories per hour. The unparalleled kettlebell expert has spent over a decade developing the Kettlebell Kickboxing system based on science and experience and has seen amazing results for women of all fitness levels (including actresses and models) who take classes at her Manhattan studio or work out with her bestselling DVD series.

Dasha introduces readers to kettlebell and martial arts techniques and teaches the science behind safe swings, squats, punches, kicks, and hundreds of innovative moves everyone can do. Organized by the body part targeted, *Kettlebell Kickboxing* features hundreds of step-by-step photos and workout routines for four-week fitness plans, lifelong exercise goals, and fifteen-minute high-intensity interval training. Learn everything you need to look and feel the way you always wanted: strong, confident, agile, pain-free, and sexy.

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Christine Curnutt:

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Lee Long:

Kettlebell Kickboxing: Every Woman's Guide to Getting Healthy, Sexy, and Strong can be one of your starter books that are good idea. Most of us recommend that straight away because this book has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort that will put every word into pleasure arrangement in writing Kettlebell Kickboxing: Every Woman's Guide to Getting Healthy, Sexy, and Strong yet doesn't forget the main place, giving the reader the hottest as well as based confirm resource info that

maybe you can be among it. This great information may drawn you into new stage of crucial pondering.

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