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Nota di contenuto	Cover -- Contents -- Foreword -- Acknowledgements -- Introduction -- PART ONE: The Basics -- Chapter 1 The history of kettlebell training -- Chapter 2 The kettlebell -- Chapter 3 The benefits of kettlebell training -- Chapter 4 Getting started -- Chapter 5 Safety considerations -- Chapter 6 Different grips and positions -- PART TWO: The Exercises -- Chapter 7 Kettlebell warm-up -- Chapter 8 Preparation exercises -- Chapter 9 Foundation exercises -- Chapter 10 Exercise progressions -- PART THREE: Training Recommendations -- Chapter 11 Training parameters and application -- Chapter 12 Example training sessions -- Chapter 13 Competitive kettlebell training -- Glossary.
Sommario/riassunto	Originating from Russia, kettlebell training is now a global phenomenon with clubs, gyms and individuals investing in equipment and training. Including information on the benefits of kettlebell training, this book explains how to use the equipment safely and provides warm-ups, drills and training programmes for all levels.