

Download



[Kettlebell Rx The Complete Guide For Athletes And Coaches Pdf](#)

Copyrighted Material

In **KETTLEBELL Rx**, CrossFit Kettlebell instructor and world-renowned Kettlebell authority Jeff Martone teaches you how to toughen-up your body, develop unbelievable conditioning and stamina, and acquire a chiseled physique by wielding the ball of iron known as the kettlebell. Drawing on his worldwide research and the thousands of classes he has taught to athletes around the world, he breaks down kettlebell training like never before. He offers hundreds of movements, both beginning and advanced, breaks down and corrects the most common errors students make while training each movement, and offers detailed workouts for athletes of all disciplines and skill levels. With thousands of step-by-step color photographs, descriptive narrative, and detailed programming, **KETTLEBELL Rx** is the most comprehensive and practical Kettlebell book on the market.

IMPORTANT INFORMATION ABOUT KB Rx

Why should I take KETTLEBELL Rx:

- To treat movement dysfunction (*inability to move athletically*)
- To treat motivation dysfunction (*inability to move off the couch*)
- To treat coach-eye dysfunction (*inability to detect and correct errors*)
- To treat progression dysfunction (*inability to organize skills in a logical order*)
- To treat programming dysfunction (*inability to achieve optimum results in less time*)

KETTLEBELL Rx side effects:

- Increased risk of fitness, performance, and power output
- Increased ability as a coach or personal trainer
- Increased lean muscle mass and fat loss
- Increased strength and cardiovascular endurance
- Increased ability to move pain free

Avoid while taking the KETTLEBELL Rx:

- Missing daily doses • Highly processed foods • Excessive drinking of alcohol

Before taking the KETTLEBELL Rx:

- Ask your doctor if getting off your butt is right for you

ISBN-13: 978-1-136-005-19-7
\$34.95
9 781956 608997

VB
VICTORY BELT PUBLISHING INC.
Distributed by: Victory Publishing
printed in the USA

"You don't have to be great to start, but you have to start to be great"
- Zig Ziglar

Copyrighted Material

[Kettlebell Rx The Complete Guide For Athletes And Coaches Pdf](#)

Download



d95d238e57