



21 Day Kettlebell Swing Challenge

Josh Hillis

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The American Council on Exercise did a study where they found kettlebell swings to be the most powerful fat burning exercise they'd ever studied. It doubled the calorie burn of either bootcamp workouts, spinning, or power yoga. This book, simply, is a 21 day challenge, with short, intense movements, based on that powerful fat loss movement.

There are really two kinds of kettlebell books out there: The books by people who don't know anything about kettlebells, who are trying to make a fat loss workout with them and capitalize on their popularity. Those programs are stupid and dangerous. The second kind of kettlebell workout program are the ones that are designed by amazing kettlebell instructors, who want to increase your military press or get you better at turkish get ups. Those are good programs, but they aren't designed specifically for fat loss.

When the 21 Day Kettlebell Swing Challenge was originally written, it was the only really solid kettlebell program out there that was designed specifically for fat loss. Now there are others, but The 21 Day Kettlebell Swing Challenge has a unique place in terms of it's effectiveness for fat loss, and popularity. Thousands of people did the original 21 Day Kettlebell Swing Challenge in it's previous self-published pdf edition, and now it's available on Kindle.

Josh Hillis is an National Academy of Sports Medicine Certified Personal Trainer, Performance Enhancement Specialist, and Corrective Exercise Specialist. He was certified as an RKC Kettlebell Instructor in 2004, and Level 2 RKC in 2005. He was a certification assistant instructor in 2008 and 2011. He's been featured in The Denver Post, USA Today, quoted by The Los Angeles Times, and been a featured expert in Experience Life Magazine. His blog LoseStubbornFat.com has gotten over 5 million unique visitors.

Cover Design by Lais Wild

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From reader reviews:

Tammi Kendrick:

The book 21 Day Kettlebell Swing Challenge has a lot of knowledge on it. So when you check out this book you can get a lot of help. The book was compiled by the very famous author. This articles author makes some research prior to write this book. This kind of book very easy to read you can get the point easily after scanning this book.

Gregory Rivera:

People live in this new moment of lifestyle always aim to and must have the spare time or they will get wide range of stress from both lifestyle and work. So , when we ask do people have time, we will say absolutely indeed. People is human not really a huge robot. Then we ask again, what kind of activity do you have when the spare time coming to an individual of course your answer will certainly unlimited right. Then ever try this one, reading ebooks. It can be your alternative throughout spending your spare time, the particular book you have read is actually 21 Day Kettlebell Swing Challenge.

Michael Kautz:

Is it anyone who having spare time then spend it whole day by simply watching television programs or just resting on the bed? Do you need something totally new? This 21 Day Kettlebell Swing Challenge can be the respond to, oh how comes? The new book you know. You are so out of date, spending your spare time by reading in this completely new era is common not a nerd activity. So what these ebooks have than the others?

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