

## Why train with Kettlebells

- Kettlebell training provides a unique weight lifting and cardio workout that has been shown to burn twice as many calories as regular weight lifting.
- The kettlebell allows you to get both muscle stimulating strength work, explosive speed building work and unbelievable endurance work all at the same time. Studies show that training with kettlebells yields pretty incredible improvements (up to 70 percent!) in aerobic capacity, balance, strength, and explosive power.
- Kettlebells allow you to work the back hard without necessarily having to train it heavy.
- Kettlebells allow you to do some unique exercises, many of which at the same time allow you to build joint strength and flexibility along with strength and conditioning.

If you haven't given kettlebells a try you might be missing one of the key ingredients to taking yourself to the next level. If you are interested in learning more about kettlebells, send me an email and I will help design a kettlebell workout for you!



**“My abs look great — they’re shaped  
just like Schwarzenegger’s bicep!”**

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