



Kettlebell/Bodyweight Mechanics: Form Shortcuts for More Effective Kettlebell and Bodyweight Exercise (Simple Strength Book 12)

Sean Schniederjan

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Use kettlebells and bodyweight exercise the easy way to lose fat and look better in a bathing suit.

Learn how to use the little known muscles in your core to give an automatic boost to your KB and BW exercise.

This program keeps you on track even if you don't have a lot of time to workout and have a hard time following traditional programs.

This is how really busy people fit in workouts when they can and still keep moving forward.

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