



Kettlebell Training

By Steve Cotter

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Renowned kettlebell expert Steve Cotter shares his training secrets in this authoritative guide. Packed with 95 basic, intermediate, and advanced exercises, Kettlebell Training provides complete coverage on getting started with kettlebells, creating customized sport-specific routines, and conditioning the whole body.

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Kettlebell Training By Steve Cotter Bibliography

- Sales Rank: #442607 in eBooks
- Published on: 2013-10-11
- Released on: 2013-10-04
- Format: Kindle eBook

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"There is no one better suited to write the book on kettlebell training than Steve Cotter. If you are looking to get fit or take your athletic ability to the next level, you have both the tool and the teacher to get you there."

David Weck-- Inventor and CEO BOSU Fitness, LLC, Creator of WeckMethod

"Steve Cotter taught me the basics of kettlebell lifting at a time when I didn't have any clue about kettlebells. They've become a staple in my training program and my athletes' programs ever since."

Sean Skahan-- Strength and Conditioning Coach, Anaheim Ducks

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