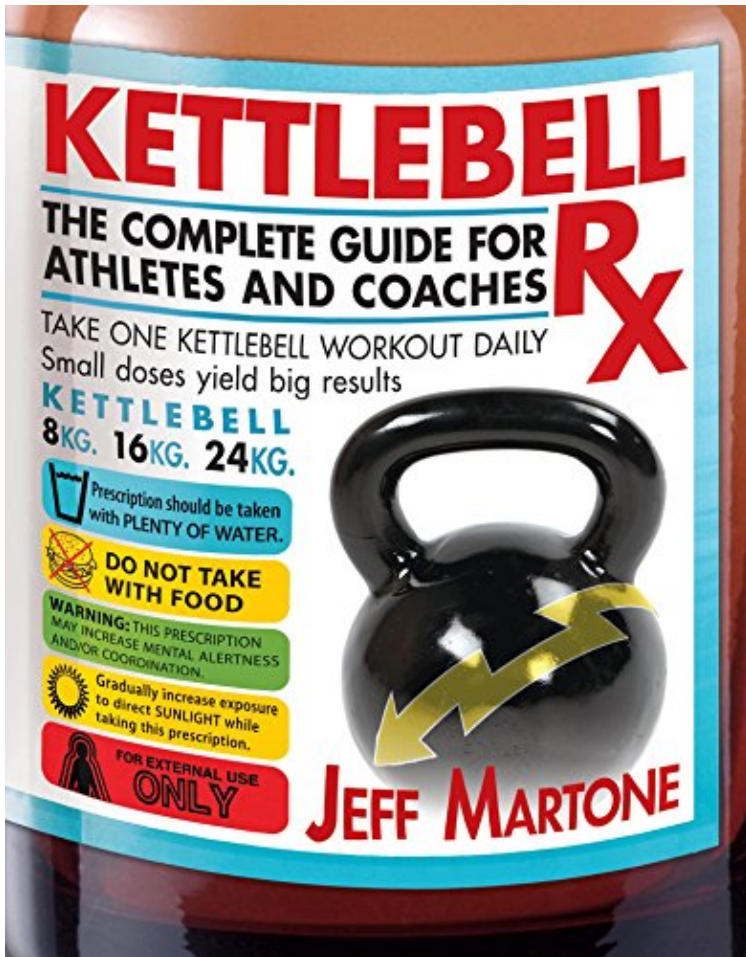


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Kettlebell Rx: The Complete Guide for Athletes and Coaches (English Edition)



Par Jeff Martone
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Description :

Prsentation de l'diteurIn Kettlebell Rx, CrossFit certification instructor and world-renowned Kettlebell coach 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 world-wide 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, shows dozens of the most common errors students make while training, and offers numerous workouts for athletes of all varieties. With over four thousand step-by-step photographs, descriptive narrative, and detailed programming, Kettlebell Rx is the only complete Kettlebell book on the market.Prsentation de l'diteurIn Kettlebell Rx, CrossFit certification instructor and world-renowned Kettlebell coach 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 world-wide 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, shows dozens of the most common errors students make while training, and offers numerous workouts for athletes of all varieties. With over four thousand step-by-step photographs, descriptive narrative, and detailed programming, Kettlebell Rx is the only complete Kettlebell book on the market. *Biographie de l'auteur* Jeff Martone is one of the world's leading Kettlebell instructors. His impressive list of certifications includes: Russian Kettlebell Challenge (RKC), certified instructor; Kettlebell Sport Lifting Coach in the American Kettlebell Club; Cross Fit Level II certified instructor and certified Physical Fitness Specialist, Cooper Institute for Aerobics Research. Jeff is also a 1st Degree Black Belt, Gun Tao Kung Fu and a 3rd Degree Black Belt, Pointing Hand Kung Fu. He is the author of numerous DVDs, including H2H Kettlebell Circuits and Power Behind the Punch.