



Classical Kettlebell Lifting: The Kettlebell Way to Strength, Conditioning, and Endurance

By Steve Mathews

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Classical Kettlebell Lifting: The Kettlebell Way to Strength, Conditioning, and Endurance By Steve Mathews

Kettlebells are a versatile tool for strength and conditioning. In this book, you will learn how the classical kettlebell lifts- the snatch, press, clean, and jerk- can be incorporated into a well-rounded fitness program. Steve Mathews holds the rank of Candidate for Master of Sport in kettlebell sport, and is certified as a kettlebell instructor by the Association of Tactical Strength and Conditioning Instructors. He has been a kettlebell certification instructor for USA Kettlebell Lifting.

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