



# Kettlebells for Women: Workouts for Your Strong, Sculpted and Sexy Body

*Lauren Brooks*

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## **GET A STRONG, SEXY, SCULPTED KETTLEBELL BODY**

Whether you're looking to get in better shape, spice up your exercise regimen or challenge yourself with the ultimate high-intensity workout, kettlebells are the perfect tool to take you to the next level. With over 300 step-by-step photos, *Kettlebells for Women* presents a solid 12-week program packed with exercises that produce unmatched results for:

- **burning fat and increasing lean muscle mass**
- **enhancing balance, coordination and flexibility**
- **increasing and developing rock-hard core stability**
- **improving sports performance**
- **shaping legs, back and shoulders**
- **firming and lifting glutes**

*Kettlebells for Women* teaches the proper way to do primary lifts as well as variations so you can use kettlebells safely and effectively to transform your current workout into a fun, dynamic program for sculpting and strengthening your entire body.



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