

Best Kettlebell Workout Exercises For Women Demonstrated In Free Book

Brandon Schoen January 11, 2014



Get In Shape With Kettlebell Training (free on amazon.com) is packed with professional photographs to demonstrate the thirty best Kettlebell workouts and exercises for women, all guaranteed to sculpt bodies from head-to-toe and help women lose weight.

(Newswire.net -- January 11, 2014) Las Vegas, NV – With 2014 in full swing, many people are ready to amp up their workout routines in order to achieve their fitness goals. Julie Schoen, author of the popular Get In Shape series on Amazon, is ready to help, making her best-selling guide, Get In Shape With Kettlebell Training, free to the public today January 11th through Monday, January 13th on Amazon. Her guide, packed with professional photographs,

demonstrates the thirty best Kettlebell workouts and exercises for women, all guaranteed to sculpt bodies from head-to-toe and help women lose weight.

Kettlebells have become popular in the past several years due to their versatility, allowing people to functionally lift weights, which means not only a better looking body but one that is free from aches and pains and less prone to injury. That is because Kettlebells allow a person to improve (or recover) range of motion and increase flexibility, unlike most machines at a gym that only work superficial muscles. **Kettlebell exercises** encourage the body to move, which means they are more effective at toning and sculpting, not to mention losing weight, than most workout plans. Not only do **Kettlebells encourage strength**, but they promote endurance too.

These weights come in various weights, sizes, and colors depending on personal preference and need. In her book Schoen recommends that most women have two sets of Kettlebells, a heavy set and a lighter set, to allow flexibility from exercise to exercise. She cites that she uses a 15-pound set and a 7-pound set, alternating depending on the style of exercise and whether she is going for several reps for a cardio workout or fewer to challenge her weight threshold.

More than just thirty exercises, **Get In Shape With Kettlebell Training** offers three different workout plans, a ten, twenty, and thirty so that there is no excuse for not sneaking exercise in everyday. So while summer weather still might be months away, there is no reason to wait to get bikini-ready now.

Anyone interested can grab the **Kettlebells** and get swinging today! **Purchase** the book as guide while it will be free today through Monday, January 13th on Amazon.com.

#####

For more information, contact:

Julie Schoen - Founder and Senior Editor
505-980-6485
Julie@LittlePearlPublishing.com

Amazon Book Link:

<http://www.amazon.com/Get-Shape-Kettlebell-Training-Exercises-ebook/dp/B00DDE3RQO/>

Book Blog:

<http://littlepearlpublishing.com/getinshape/>

Facebook:

<https://www.facebook.com/LittlePearlPublishing>

Little Pearl Publishing

4801 Lang Ave NE
Albuquerque, NEW MEXICO 87109
5059806485
support@littlepearlpublishing.com
<http://www.littlepearlpublishing.com>