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## Enter the Kettlebell

Easily the most popular book on exercising with kettlebell the title hasn't gotten any less dumb but I've actually been reading the book I first learned of kettlebells through Pavel's book Enter the Kettlebell and I have been following this program for about 6 weeks and am doing the RKC Minimum and I must say I have found it to be very effective and like it quite a lot

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This book is the much anticipated and requested follow up to Enter the Kettlebell Workbook Strength in Motion represents just one of the many kettlebell based routines Anthony DiLuglio has perfected in his quest to make kettlebell training the tool of choice in the American fitness culture

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