5 Reasons to Start Using Kettlebells

Are you considering taking up kettlebell workouts but you’re not sure if it’s right for you? Kettlebells have become a very popular form of exercise in recent years. Originating in Russia, it’s only been recently Americans have started to see the true benefits of this effective workout.

So, what are the benefits? Here you’ll find just 5 reasons to start using kettlebells today.

1. It’s excellent for fat loss

Notice how we said fat loss here and not just weight loss? Kettlebells are known to target and eliminate body fat; particularly in the abdominal area. They involve dynamic movements which can work more than 600 muscles simultaneously.

With fat loss, the more muscles you are using during a workout, the more energy is required and that leads to more calories and fat loss.

2. They provide intense, yet short workouts

Two of the main excuses many people have when it comes to exercising is they can’t afford the gym and they simply don’t have time to work out. With kettlebells, the workouts are quite intense and they only tend to last for up to 20 minutes.

They are also inexpensive and small enough to be used absolutely anywhere. So, you won’t need to hit the gym and you’ll easily be able to fit a kettlebell workout into your daily routine.

3. Helping to get you a better body

If you’ve struggled to really tone up with previous exercises, kettlebells can help. As they work such a huge amount of muscles, they provide a full body workout. You’ll soon find your body is more toned and sculpted as the workouts produce really fast results.

4. Works out even hard to reach muscle groups

Kettlebell workouts are so intense, they even work the hard to reach muscle groups. You’ll work your core, back, shoulders, arms, legs and buttocks. There isn’t a part of your body you won’t give a good workout.

5. They’re fun to do

What bigger reason do you need to start kettlebell workouts than the fact they are fun and enjoyable to do? You’ll get to learn completely new skills, and there’s a huge amount of different ways to use them. As you learn new exercises, you’ll also feel a great sense of achievement.

Many people find themselves addicted to kettlebell workouts and start feeling withdrawal symptoms if they can’t use them for a few days.

Overall, kettlebell workouts do provide many different benefits when done correctly. The above are just 5 reasons to start using kettlebells if you haven’t already.