Complementary Blog Post: How to Choose the Right Kettlebells

Subject: Kettlebell Workouts: Which is Better - At Home or the Gym

[firstname],

When you’re decided to start using kettlebells the first thought to come to mind is – “Should I join a gym or workout at home?” You’re concerned with safety and how to do all of the different moves.

This is a personal decision that you’ll have to make, but let’s go over a few of the pros and cons of each.

Working Out at Home

Pro – It isn’t as expensive to get started using Kettlebells. You won’t have to worry about paying a monthly fee to use the gym.

Con – You might learn the basic techniques incorrectly and you could injure yourself.

For this you could easily buy a training DVD and use that to do your kettlebell workout. They will explain each technique and then demonstrate it to you. You can slow the DVD down or pause it until you get the moves right.

Another con would be the fact you’ll have to invest in all of the equipment and keep it at your house.

Going to the Gym

Pro – You’ll have a professional be able to teach you how to do the techniques properly from the beginning. If you’re not doing something correctly they’ll see that and show you the correct form. There will be less of a chance of hurting yourself if you want to start working out with the kettlebells somewhere besides the gym.

Plus you’ll get a variety of different kettlebells to choose from. You’ll be able to find a size that works for you.

Con – The cost of the membership can get expensive. Then if you also pay for a personal trainer.

When you start using kettlebells the best option might be to go to a personal trainer for the first few months – but then you’ll be able to do the moves without the guidance of the trainer.

If you’d like help figuring out which kettlebell that you’ll need to purchase – check out the blog post on the site.

LINK

Whether you decide to workout at the gym or at home you won’t regret giving kettlebells a try. You’ll get more results in less time.

[Sign off]