Complementary Blog Post: Benefits of Kettlebells

Subject: 4 Reasons Why Kettlebell is So Popular

[firstname],

Kettlebells exploded into mainstream exercise a few years ago and become popular almost overnight, but the fact is they’ve been around for a few decades now. Bodybuilders would use kettlebells routines to get their bodies toned quicker. The barbells weren’t getting it done quick enough.

There are a couple of reasons that kettlebells became popular for so many people.

1.Less Time

Instead of working out for 45 minutes – when you use kettlebells you cut your time in half to about 20 minutes instead. So using kettlebells instead of another form of exercise can drastically reduce your exercise time.

2. Lose Weight

Kettlebells will make you lose weight faster because the routines can incorporate a total body workout. There aren’t many other forms of exercise that will do this without a huge amount of work and switching from one exercise to another.

3. Tone Muscles Faster

Not only are you losing weight faster, but you’re toning your muscles as well. The weight of the kettlebell will help your muscles form quicker and therefore they will tone.

4. Increase Core Strength

The routines you’ll be performing concentrate on using your “core” to get them done. Targeting muscles such as your stomach, back, shoulders, thighs and legs. All of these muscles help you balance and stay strong.

These routines take your total body to perform, so there is much more energy exerted but it is well worth the effort to include a kettlebell routine into your diet once or twice a week. Yes you’ll get fit, but it is much more than that – you’ll get strong and your body will be healthy.

Need more reasons to add a kettlebell routine to your fitness regiment? Check out the blog post that tells you more benefits.

LINK

Kettlebells can easily be practiced by both men and women because they are based on what you’re able to do – not someone else. Pick the weight that you can handle and start on your exercises today.

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