Complementary Blog Post: 5 Reasons to Start Using Kettlebells

Subject: Frequency Is Less Important Than Mastering Techniques For Beginners

[firstname],

Kettlebells is an entire body workout. You’re taking weights shaped like bells and swinging them to around to get your exercise. While this looks easy, it is actually harder than it seems.

That doesn’t mean you can’t do them, but it’ll take you take to work up to the amount you’ll need in order to get the most effective total workout for your body. When you’re first starting, don’t over do it. Only perform these sets a few times a week to start out with.

No matter if you decide to include this in your fitness regiment once a week, three times a week or every other week – you’ll want to have it in there because kettlebells give you more benefits in less time than lifting weights. Instead of including weights – add kettlebells to the mixture.

Why will it give you more benefits faster? Because when you’re lifting weights you are standing in one position lifting weights up and down, but kettlebells are completely different. They focus on a swing of the bells. That is why they have a handle at the top of the bells. You’re going to be using core muscles that require you to be balanced on your feet.

When you swing the bell you’re not moving one muscle group, but several core ones at a time. You’ll be getting a much better cardiovascular workout and weight training regiment.

Because you’ll be using your entire body – mastering the techniques of kettlebell is essential. If not improperly you can hurt some major muscle groups.

The best way to start is to take an intro class from a local instructor. They will be able to give you the basics of this exercise. They’ll be showing you how to do it, so if your stance is not correct they can spot that and show you what the correct form is.

Kettlebells use quite a few different range of motion and moves that most people don’t use on a regular basis – so going to an instructor can be the difference between learning to do it correctly and getting hurt.

Once you’ve got the basics down you can bring your exercise routine home.

If you’re still unsure if you’d like to put kettlebell swings into your exercise routine – check out this article on the blog that gives you reasons why you need to start.

[LINK]

This is one of the best exercises that give you benefits fast and help you lose weight.

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