Mindluster Platform

About the course Kettlebell workout at gym

Kettlebell workout course, in this course we will explore the fundamentals of kettlebell training, focusing on strength, endurance, and flexibility. Youâ€™ll learn essential exercises like swings, goblet squats, presses, deadlifts, and the Turkish get-up to engage multiple muscle groups efficiently. The course emphasizes proper form and technique to prevent injury and maximize results. Weâ€™ll cover routines that combine strength and cardio, helping you burn calories, build muscle, and improve overall fitness. Whether you are a beginner or experienced, this course offers variations for all skill levels. Join us to master kettlebell workouts and develop strength, stability, and coordination for long-term fitness success.

Medical Category's Courses

Course Lesson(9)

Lesson 1 : **KETTLEBELL WORKOUT Kick ass Kettlebell Series Day 5**

Lesson 2 : **KETTLEBELL CARDIO WORKOUT Kick ass Kettlebell Series Day 4**

Lesson 3 : **POWER Kettlebell Workout Full Body Kick ass Kettlebell Series Day 3**

Lesson 4 : **COMPLEX KETTLEBELL WORKOUT Kick ass Kettlebell Series Day 2**

Lesson 5 : **KETTLEBELL LEG WORKOUT Kick ass Kettlebell Series Day 1**

Lesson 6 : **45 MIN FULL BODY KETTLEBELL WORKOUT at Home Caroline Girvan**

Lesson 7 : **30 Min Full Body KETTLEBELL WORKOUT Supersets**

Lesson 8 : **15 Min FULL BODY KETTLEBELL WORKOUT at Home Caroline Girvan**

Lesson 9 : **15 Min LOWER BODY KETTLEBELL WORKOUT at Home Caroline Girvan**

Related courses

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Anatomy

Pharynx

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General Embryology

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