

WHY YOU SHOULD GET STARTED WITH KETTLEBELL TRAINING



- The kettlebell is the perfect tool for busy people. People who feel that they want to exercise but that have too many other projects of their life agendas.
- The kettlebell allows you to engage in many different movements that are good for stabilizing your body.
- With a 10-Minute Kettlebell circuit, you can improve both your strength and your endurance = Resistance Cardio.
- Exercising with a kettlebell requires no space. The space you have in your kitchen is enough.
- You can bring your kettlebell with you outside if the sun is shining.
- You can bring your kettlebell with you in the car when you go on vacation or business trips.

Our bodies want to move often. This is just how we are wired. Moving our bodies should not be too complicated. It should be easy - a little bit like brushing the teeth. It should be a habit that we do whatever happens in our life.

Movement makes us both mentally and physically fit. It makes us more alert and more creative.

- *Feeling low?* Move!

- *Feeling worried?* Move!

- *Feeling bored?* Move!

When we are young, we do not have to care too much about how we live. Our youthful hormones are there to save us. As we age, we naturally lose muscles and hormones that protects us towards age-related diseases. We need to work actively to maintain our health and finding exercises that help maintain muscle mass is therefore key.

Why do I exercise with KETTLEBELLS?

I am a solopreneur and a mother of two young children. I have many tasks that I want to execute on in one day. I try to be effective, but the day just fly off. In the evenings, I have my children's schedule and the household to care for. So, even though I love exercising I simply do not have TIME to go to the gym.

During the day, I take time off for training, but I want it to be effective. This is a major reason for why I choose the kettlebell.

Exercising with a kettlebell is **EASY**.

It requires no space or other equipment. I can exercise in my living room, or on the terrace if the weather allows it. Since, I am exercising at home I do not even have to gather all the training gadgets. I can simply exercise in my underwear.

The kettlebell allows me to engage in a lot of different movements that helps me build a balanced body.

It is not technically difficult to execute the movements. Swinging the kettlebell into movement feels natural. It does not hurt.

Exercising with a kettlebell is **EFFECTIVE**.

I can feel that I am using my muscles and when I am into the second circuit, I break a sweat. Afterward, I feel that my muscles are tired, but I feel calm inside. I feel good about myself. I feel a SENSE OF ACCOMPLISHMENT. I feel energized to continue my work in front of the computer.

What KETTLEBELL should you start with and what MOVEMENTS should you do?

Our body have over 600 skeletal muscles and they help us perform seven basic movement patterns: **Pull, Push, Squat, Lunge, Hinge, Rotation, and Gait**.

In the course "The 7 HUMAN MOVEMENTS with KETTLEBELL", you will learn how to design a "workout" where all basic human movements are included. Such a workout will stimulate multiple major muscle groups of your body at one time and this makes the workout very efficient.

This should attract the individual who uses "no time" as an excuse not to exercise.

What are my 5 BEST tips for how to GET STARTED with kettlebell training?

- Put the kettlebell in a place where you can see it every day. A place where you can pick it up and play with it.
- Allow yourself a proper but easy warm-up. When you allow yourself to do a proper but easy warm-up, your body and brain is much more in the mood to push through heavier work. A gradual shift and increase in intensity is a way to fool the system. A body gymnastic circuit could do the trick - most important is that you find something that suits your body and preferences. Write down your routine or film it. Then stick to it. It is much easier to get started with a workout if you do not have to think about what to do when you are starting out. Then you just want to train.
- Decide on a workout routine. Create an A, B, C routine. In this way you make sure that you exercise different muscle groups at regular intervals. This helps you build a balanced body that is prepared to long hours in front of the computer :-).
- Write down your routine on a piece of paper and save it. Every time you are about to exercise, look at your routine. This makes it much easier to get started.
- Write down when to and what routine you will do in your calendar.