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3-5 Days Per Week For At Least 30 Minutes. This Exercise Program Is Performed With A Kettlebell And Builds Strength And Improves Cardiovascular Endurance, If Performed At A Fast Pace. There Is A Beginner And An Advanced Workout; If You Are Not Familiar With Kettlebells Start With The Beginner Workout And Gr Mar 10th, 2024

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For This Workout, Complete Each Movement For :30 Seconds To A Minute Without Stopping Repeat 3-4 Times Before Moving On To The Next Movement. Rest :60 Seconds Between Sets! Kettlebell Instruction &

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Pavel Tsatsouline Kettlebell Workout Program

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