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Amazing workout with Adjustable Kettlebells by Karl

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The first kettlebells originated around 350 years ago from the Russian farmers markets where they used the kettlebells for counterweights to measure out dry food goods on scales. The Russian kettlebell is measured in poods and made out of cast iron with the competition brand kettlebell being made from steel. The main 3 weights for kettlebell measurements are 36, 53, and 72 in pounds with one pood(the Russian measurement) equaling out to be roughly 36 lbs.

With the traditional kettlebell starting off at 35 pounds, it makes it extremely hard for the average person to jump into a lifting routine with that much weight. The adjustable kettlebell solves this problem and allows the novice to start working out with a weight that they are capable of lifting. You will not have to purchase a new set of kettlebells when you get stronger and go up in weight.

If you are looking for home gym ideas to save on space, then it would be a smart move to have one set of adjustable kettlebells instead of multiple sets taking up a lot of room. Savings can be put towards purchasing more home gym equipment (Read about :) to help you build a functional exercise space to fulfill your needs.

A major plus of the adjustable kettlebell is its usefulness. The design of the adjustable kettlebell allows the lifter to use one free weight unit and not have to use two. You will be implementing movements that make you use every muscle of the body and help to improve balance and coordination.

Machines and free weights won't hold up to the workouts adjustable kettlebells have to offer. The results from a kettlebell routine include: explosiveness, speed increase, fat burning, and work all the major muscle groups to build overall power.

A fitness enthusiast must learn three basic movements to get the most from their workout. The basic movements are the swing, clean, and snatch exercises and all of these will work on perfecting your form in order to prevent injury and get the best results from a workout.

Home gym lifters will see that the adjustable kettlebells offer amazing results for a complete workout in no time. Building functional strength for use in our everyday lives is the best benefit you will receive.

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Karl - About Author:
Good a Home gym ideas start with good equipment like a
Adjustable Kettlebells and a a
Mir weighted vest to get a solid workout.

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