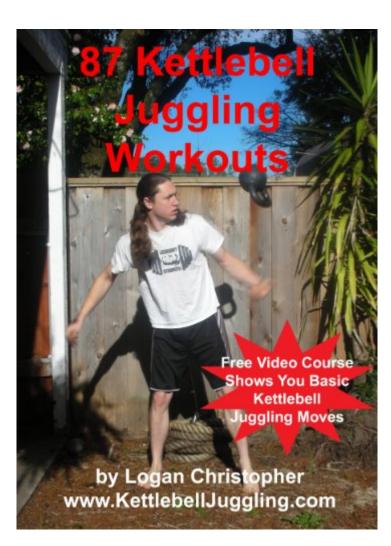
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87 Kettlebell Juggling Workouts





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Synopsis

Get 87 Kettlebell Juggling Workouts. Progressions are built into over half of them. All you have to do is go out there and do them. This book comes with a free video course that will get you started kettlebell juggling. If you'd like to grab that without getting the book simply sign up at kettlebelljuggling.comNo where else will you find kettlebell juggling broken down into a simple process where each step leads you to the next. Youâ [™]II find out how to get started with your first flip and much more on this 100% free video. This comes from a private workshop people paid up to \$1000 to attend, and flew in from as far as the Netherlands for, and itâ [™]s yours free!Youâ [™]II also discover the brand new RANKING system that will revolutionize the way kettlebell juggling is done!Imagine when you impress your friends when you easily toss around heavy iron over your shoulder that they can barely lift off the ground! These 87 workouts will get you there.

Book Information

File Size: 289 KB Print Length: 18 pages Publication Date: December 20, 2012 Sold by: Â Digital Services LLC Language: English ASIN: B00ARLDRJI Text-to-Speech: Enabled X-Ray: Not Enabled Word Wise: Enabled Lending: Not Enabled Enhanced Typesetting: Enabled Best Sellers Rank: #913,282 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Juggling #13 in Books > Sports & Outdoors > Individual Sports > Juggling #314 in Kindle Store > Kindle Short Reads > 30 minutes (12-21 pages) > Sports & Outdoors

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