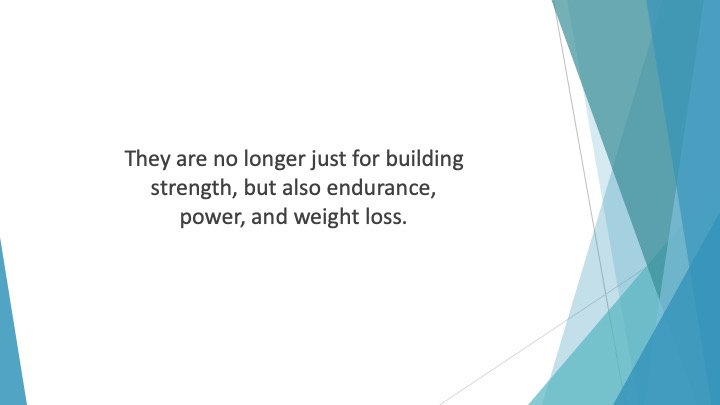
**Conclusion**

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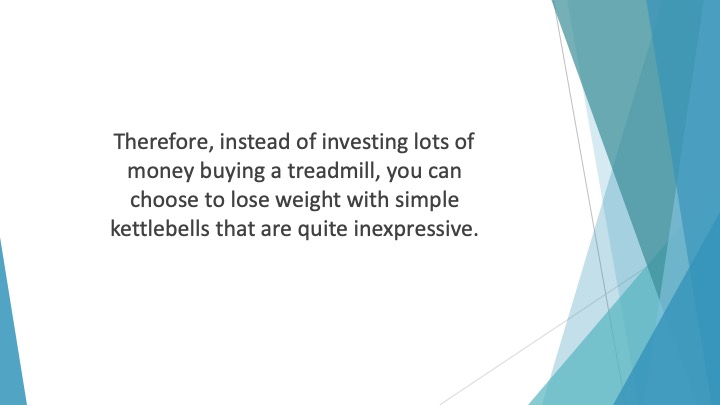
**S1** : Pause for 2 seconds



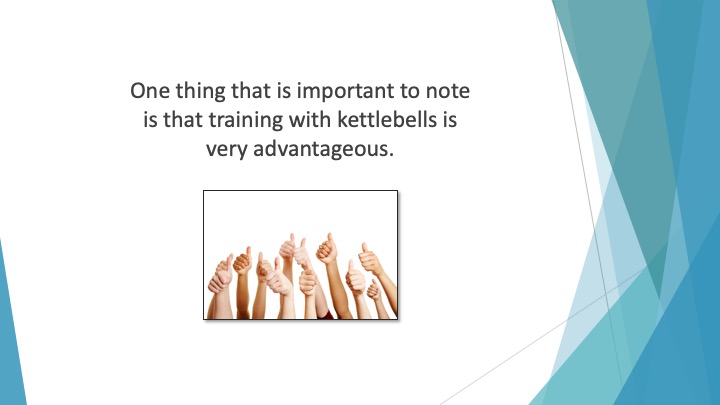
**S2** : Indeed, kettlebells had come a very long way from the time when they used as muscle-building tools for strongmen in Russia. Today, they are used as fitness tools by both men and women around the world.



**S3** : They are no longer just for building strength, but also endurance, power, and weight loss.



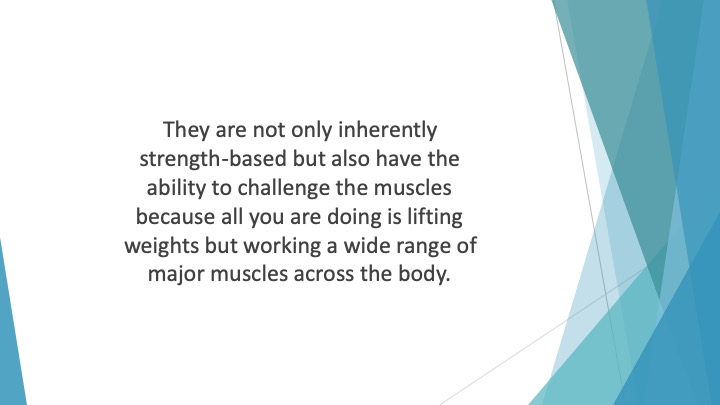
**S4** : Therefore, instead of investing lots of money buying a treadmill, you can choose to lose weight with simple kettlebells that are quite inexpressive.



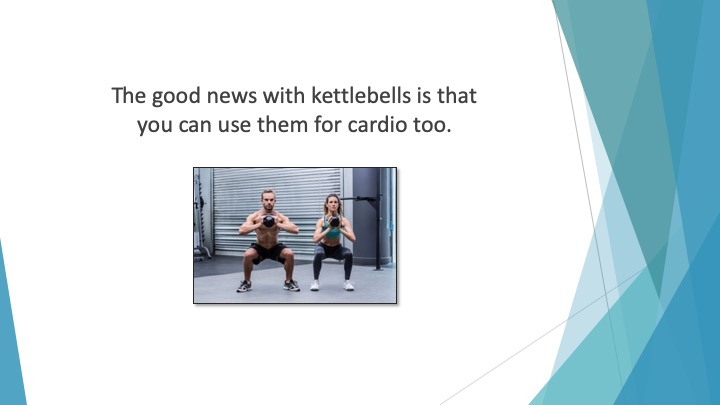
**S5** : One thing that is important to note is that training with kettlebells is very advantageous. This is because you will not only enable you to meet your fitness goals but also adopt a healthier lifestyle that protects you against a wide range of dangerous medical conditions.



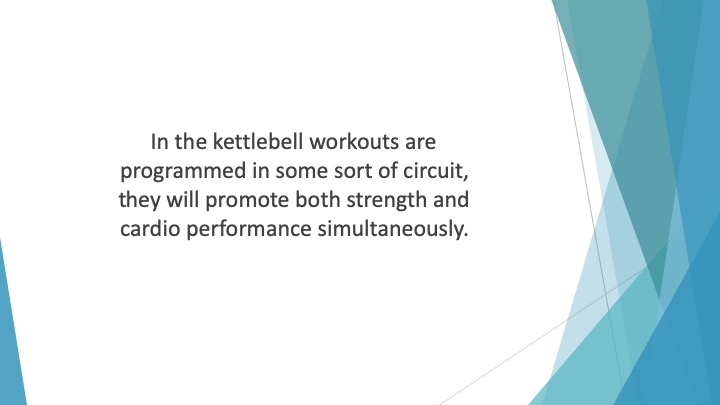
**S6** : If you are looking for a fitness workout that is challenging enough and has a proven track record of benefits, then kettlebells boot camp is just the one for you!



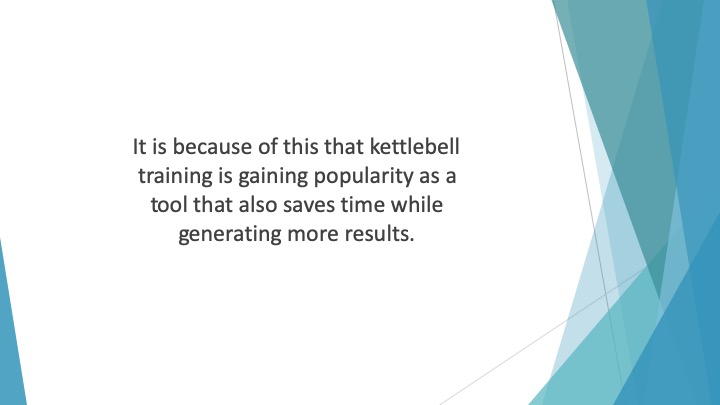
**S7** : They are not only inherently strength-based but also have the ability to challenge the muscles because all you are doing is lifting weights but working a wide range of major muscles across the body. The more weight you add, the stronger you become.



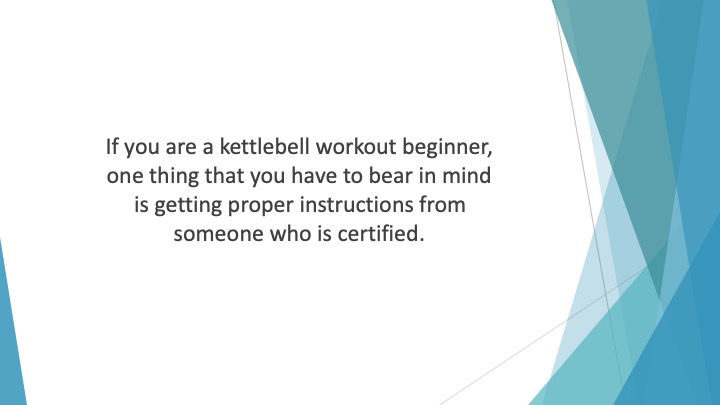
**S8** : The good news with kettlebells is that you can use them for cardio too. Because most kettlebell exercises involve hundreds of both major and minor muscles and joints in the body, it requires a great deal of energy, and this means that the heart and the lungs have to be working very well to achieve this.



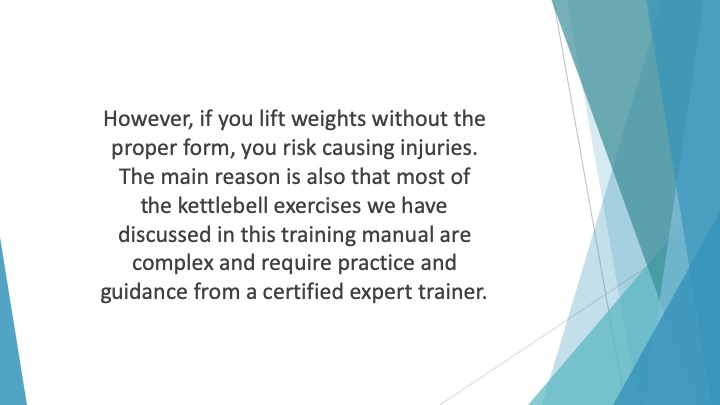
**S9** : In the kettlebell workouts are programmed in some sort of circuit, they will promote both strength and cardio performance simultaneously.



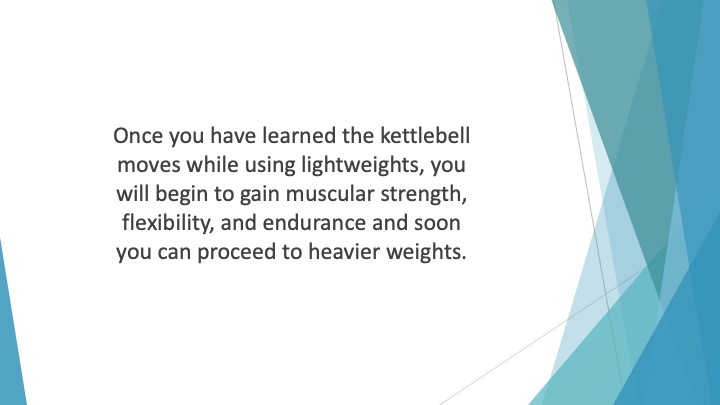
**S10** : It is because of this that kettlebell training is gaining popularity as a tool that also saves time while generating more results.



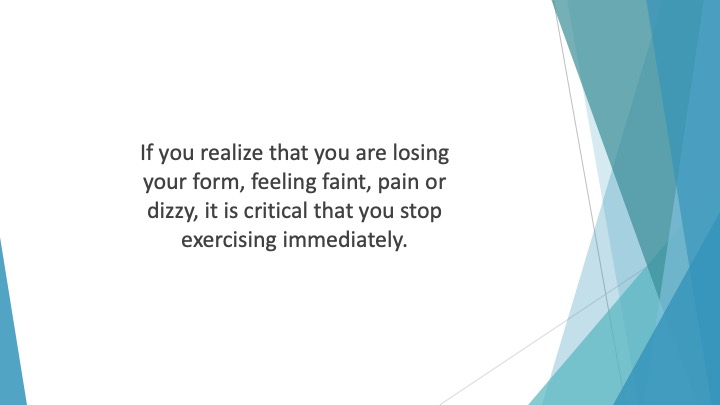
**S11** : If you are a kettlebell workout beginner, one thing that you have to bear in mind is getting proper instructions from someone who is certified. Most beginners think that they can do this alone at home with a trainer.



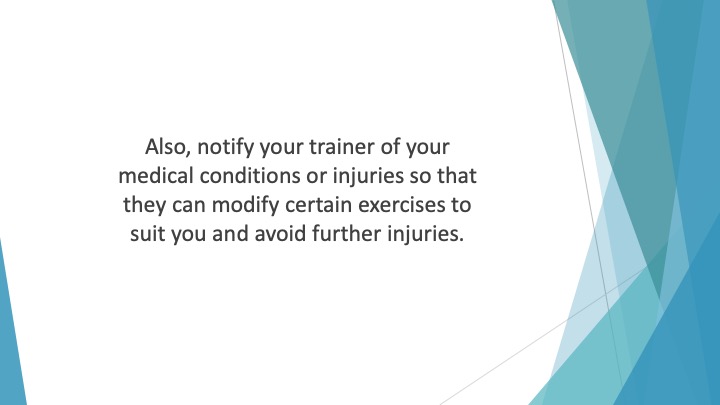
**S12** : However, if you lift weights without the proper form, you risk causing injuries. The main reason is also that most of the kettlebell exercises we have discussed in this training manual are complex and require practice and guidance from a certified expert trainer.



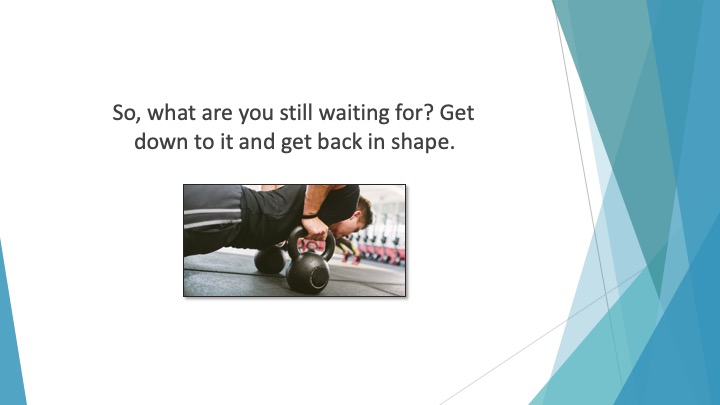
**S13** : Once you have learned the kettlebell moves while using lightweights, you will begin to gain muscular strength, flexibility, and endurance and soon you can proceed to heavier weights. The more you make your workouts to be challenging (as long as the body can handle it), the more the calories you will burn and the more weight you will lose.



**S14** : If you realize that you are losing your form, feeling faint, pain or dizzy, it is critical that you stop exercising immediately. If you are suffering from any medical conditions, always ensure that you consult with your doctor before you can start kettlebell training.



**S15** : Also, notify your trainer of your medical conditions or injuries so that they can modify certain exercises to suit you and avoid further injuries.



**S16** : So, what are you still waiting for? Get down to it and get back in shape.