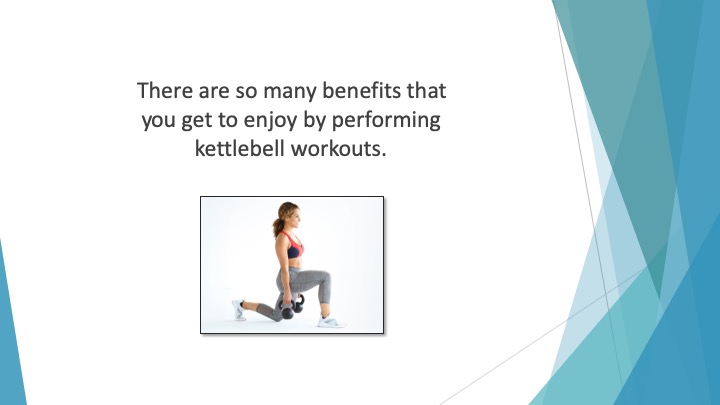
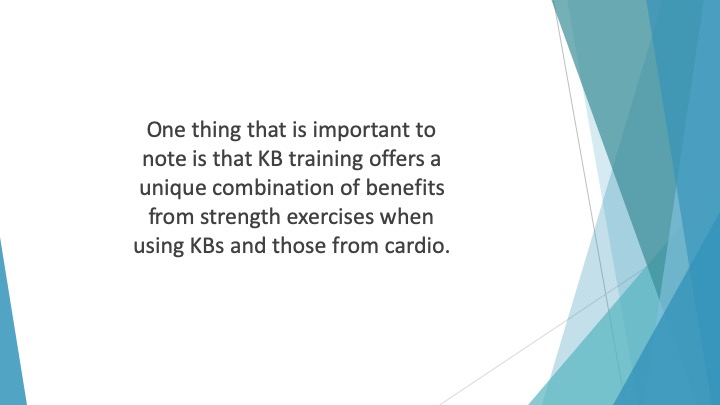
**Chapter 2: The Benefits Of Kettlebell Training**

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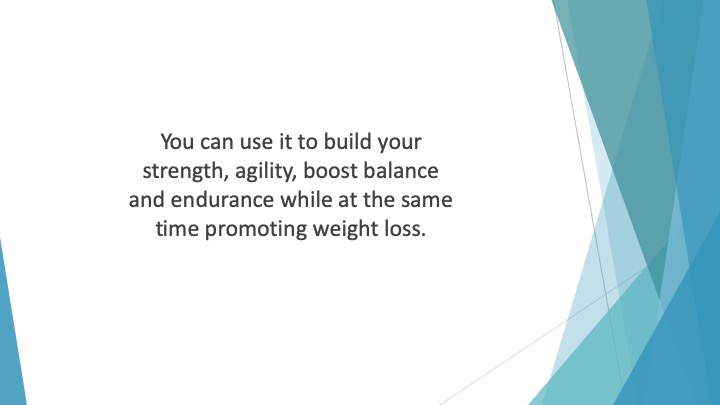
**S1** : In this video, we’ll talk about “The Benefits Of Kettlebell Training”



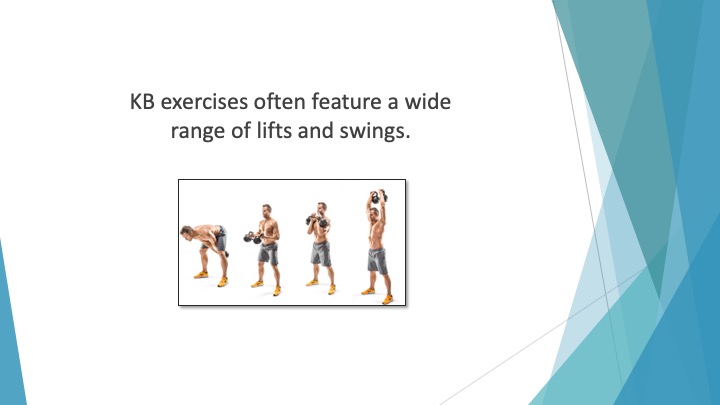
**S2 :** There are so many benefits that you get to enjoy by performing kettlebell workouts.



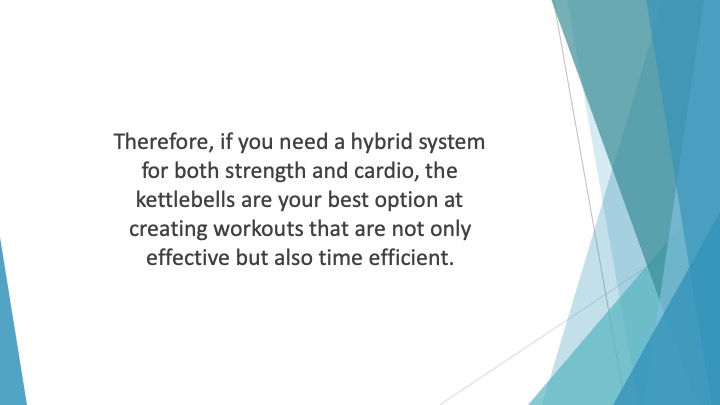
**S3** : One thing that is important to note is that KB training offers a unique combination of benefits from strength exercises when using KBs and those from cardio. As mentioned earlier, KB workout is more unconventional and quite resembles a cannonball with a handle attached to it.



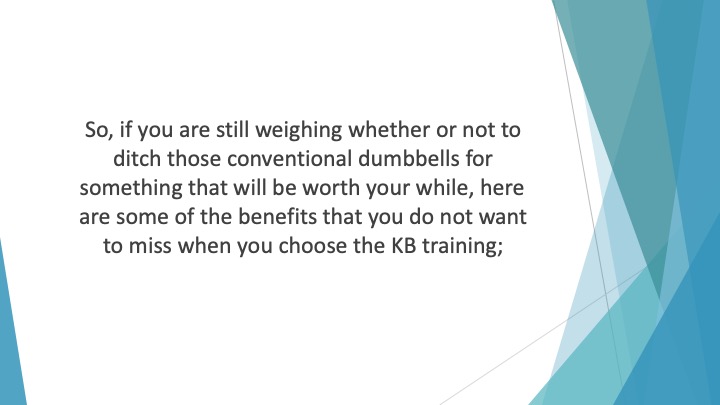
**S4 :** You can use it to build your strength, agility, boost balance and endurance while at the same time promoting weight loss.



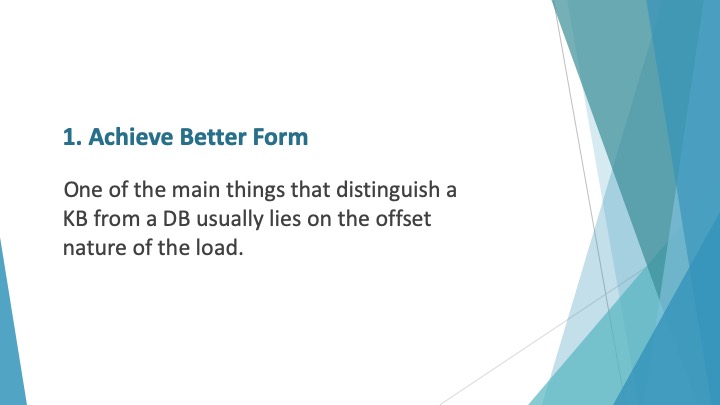
**S5 :** KB exercises often feature a wide range of lifts and swings. The good thing is that the training tool is quite flexible and can be used for a broad range of intense training exercises.



**S6 :** Therefore, if you need a hybrid system for both strength and cardio, the kettlebells are your best option at creating workouts that are not only effective but also time efficient.

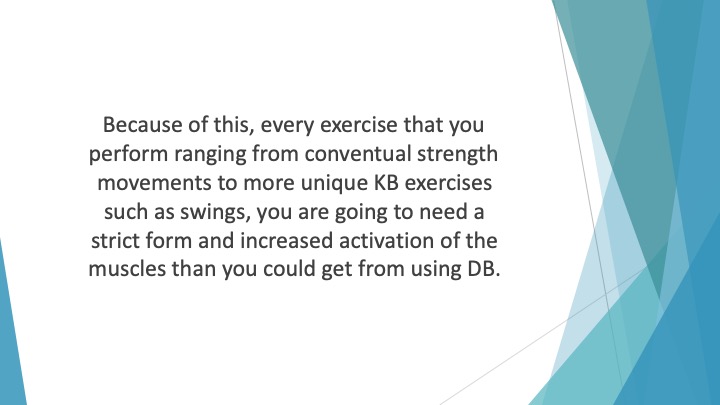


**S7 :** So, if you are still weighing whether or not to ditch those conventional dumbbells for something that will be worth your while, here are some of the benefits that you do not want to miss when you choose the KB training;

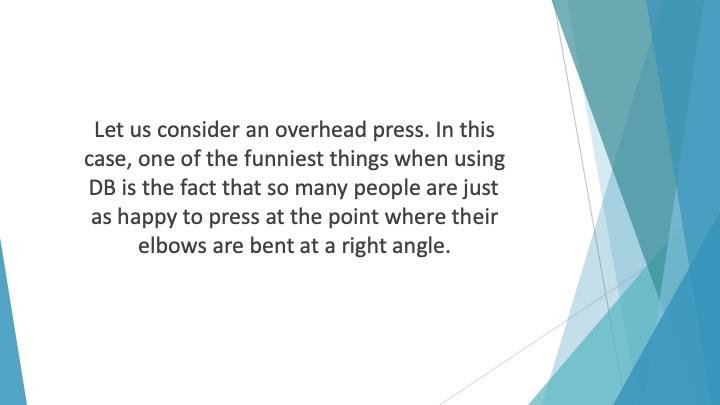


**S8 : 1. Achieve better form**

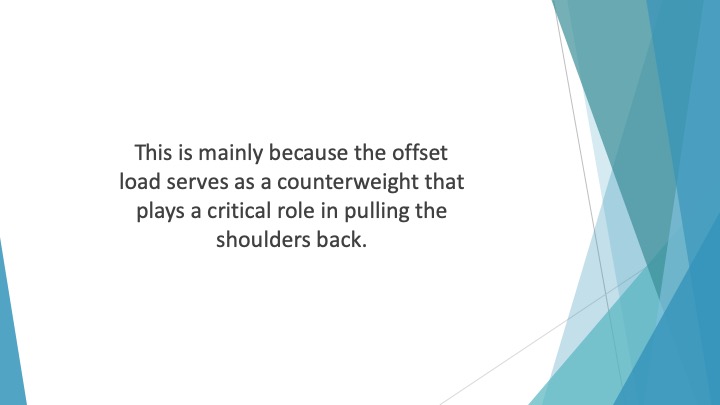
One of the main things that distinguish a KB from a DB usually lies on the offset nature of the load. This is mainly because the center of gravity of a KB is about 6-8 inches away from your grip when you are holding the handle, and this is what makes it quite difficult to control.



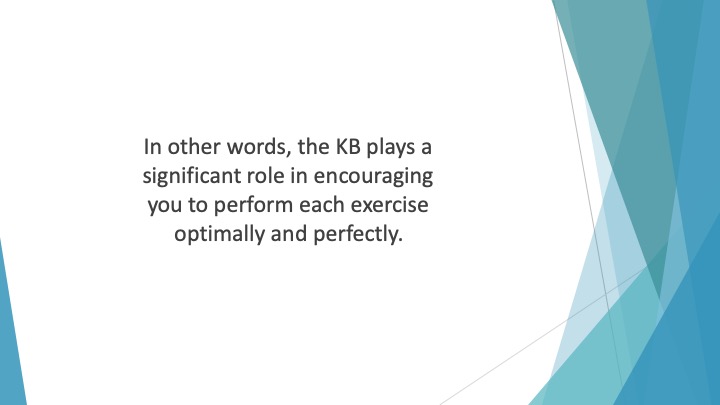
**S9 :** Because of this, every exercise that you perform ranging from conventual strength movements to more unique KB exercises such as swings, you are going to need a strict form and increased activation of the muscles than you could get from using DB.



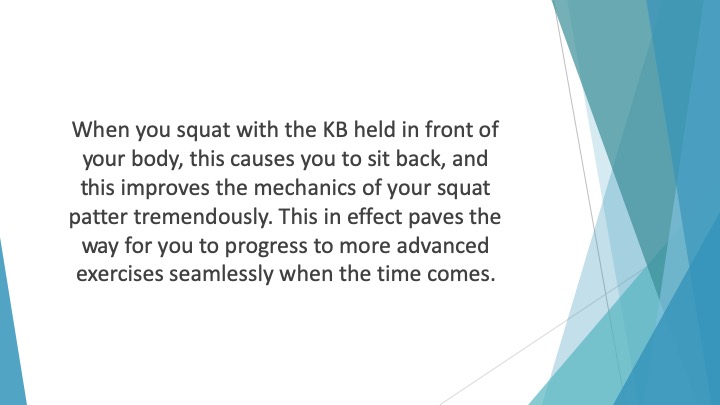
**S10 :** Let us consider an overhead press. In this case, one of the funniest things when using DB is the fact that so many people are just as happy to press at the point where their elbows are bent at a right angle. However, with KB, the first instinct is to press up to lockout.

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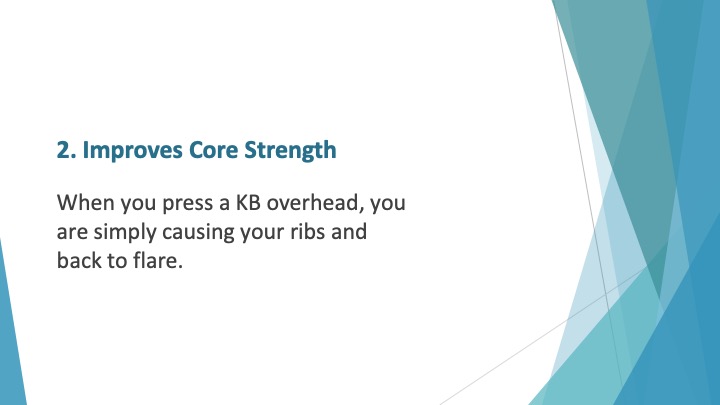
**S11 :** This is mainly because the offset load serves as a counterweight that plays a critical role in pulling the shoulders back.



**S12 :** In other words, the KB plays a significant role in encouraging you to perform each exercise optimally and perfectly. However, if you cannot, for instance, you end up arching your back or twisting to one side when trying to complete the lift, then you most certainly know that your form is broken.

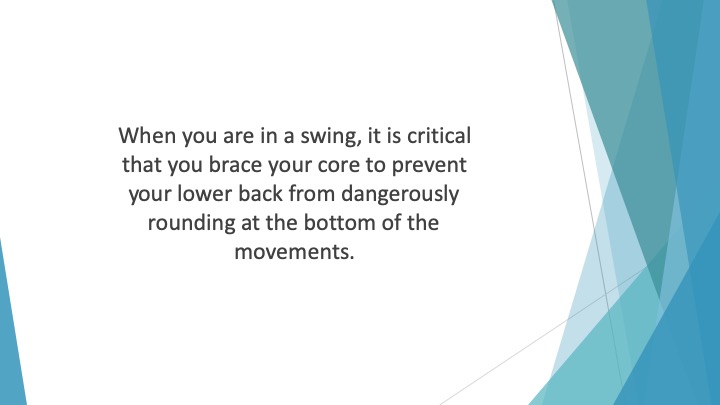


**S13 :** When you squat with the KB held in front of your body, this causes you to sit back, and this improves the mechanics of your squat patter tremendously. This in effect paves the way for you to progress to more advanced exercises seamlessly when the time comes.

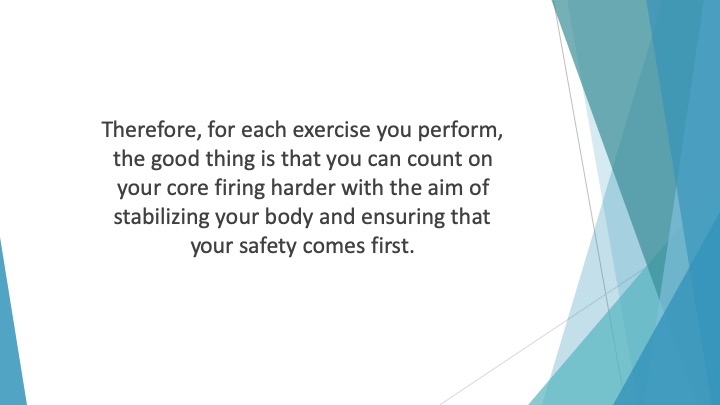


**S14 : 2. Improves core strength**

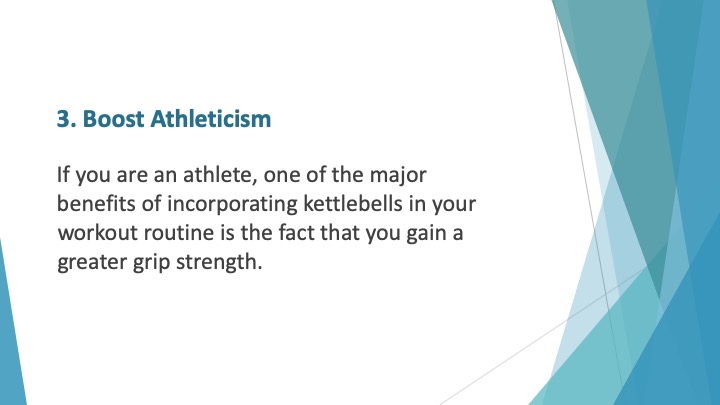
When you press a KB overhead, you are simply causing your ribs and back to flare. This means that you have to lock your core as much as to prevent it from happening.



**S15 :** When you are in a swing, it is critical that you brace your core to prevent your lower back from dangerously rounding at the bottom of the movements.

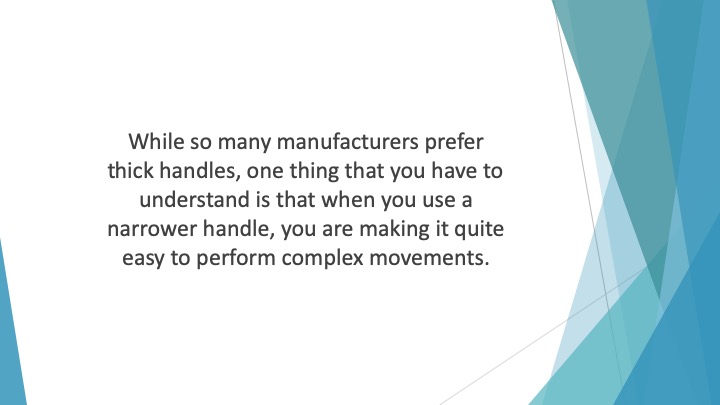


**S16 :**  Therefore, for each exercise you perform, the good thing is that you can count on your core firing harder with the aim of stabilizing your body and ensuring that your safety comes first.

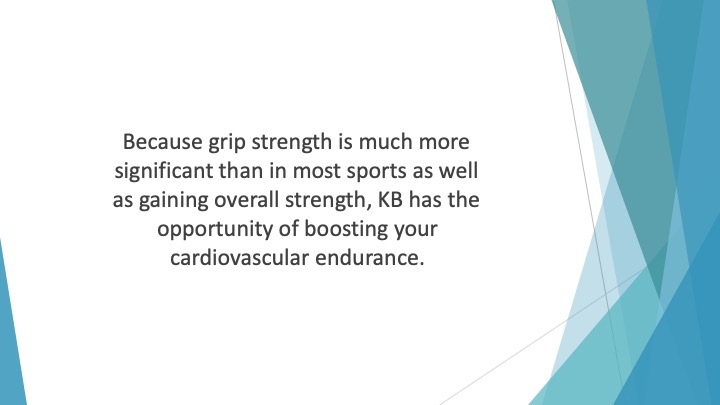


**S17 : 3. Boost Athleticism**

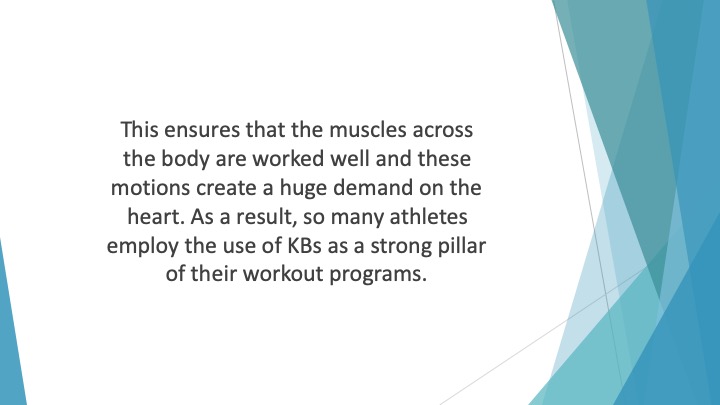
If you are an athlete, one of the major benefits of incorporating kettlebells in your workout routine is the fact that you gain a greater grip strength. This is mainly because the KB handle together with the displaced load needs your hands, fingers, and forearms to work harder in controlling it than when using a DB.



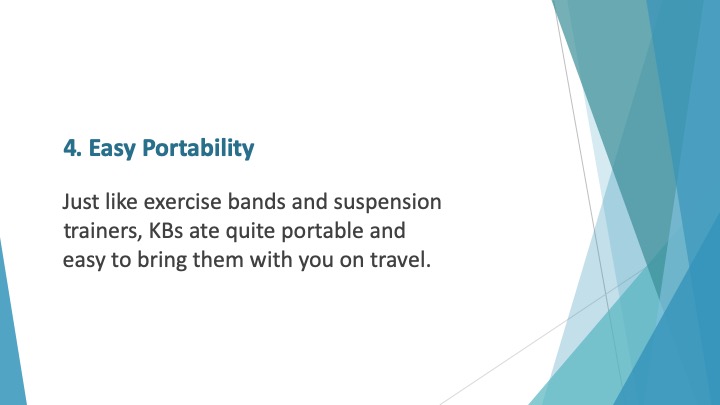
**S18 :** While so many manufacturers prefer thick handles, one thing that you have to understand is that when you use a narrower handle, you are making it quite easy to perform complex movements. This increases your training options.



**S19 :** Because grip strength is much more significant than in most sports as well as gaining overall strength, KB has the opportunity of boosting your cardiovascular endurance. KB exercises often incorporate the whole body and such workouts as the press, snatch and clean involve lifting weights right from the floor to over the head.

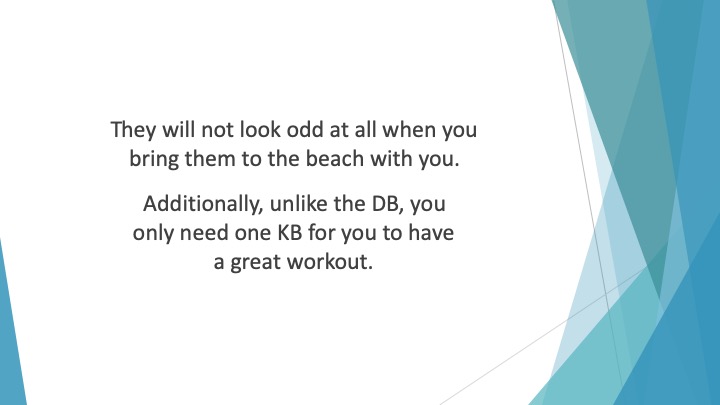


**S20 :** This ensures that the muscles across the body are worked well and these motions create a huge demand on the heart. As a result, so many athletes employ the use of KBs as a strong pillar of their workout programs.

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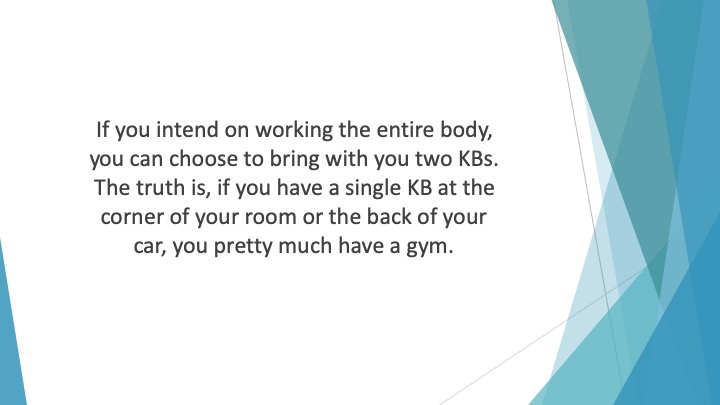
**S21 : 4. Easy portability**

Just like exercise bands and suspension trainers, KBs ate quite portable and easy to bring them with you on travel. This is because they will not roll around in your car as DBs do.

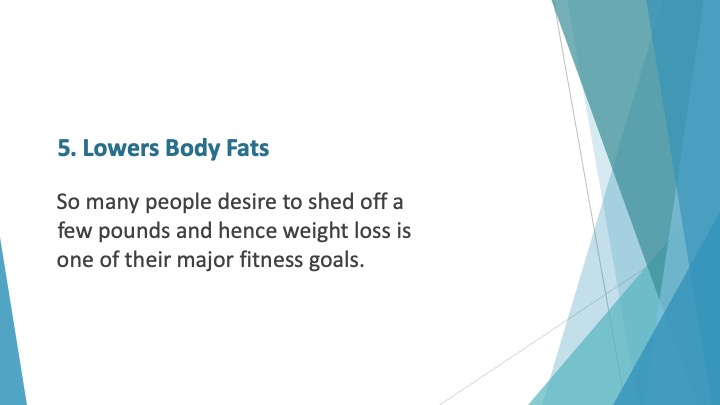


**S22 :** They will not look odd at all when you bring them to the beach with you.

Additionally, unlike the DB, you only need one KB for you to have a great workout. This is because, with just a single KB, you can engage in a large number if exercises, unlike the DB that you mostly need at least a few selections of them to do your regular workouts.

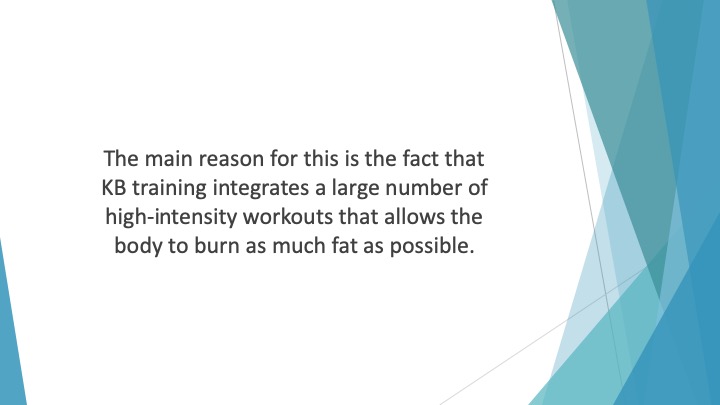


**S23 :** If you intend on working the entire body, you can choose to bring with you two KBs. The truth is, if you have a single KB at the corner of your room or the back of your car, you pretty much have a gym.

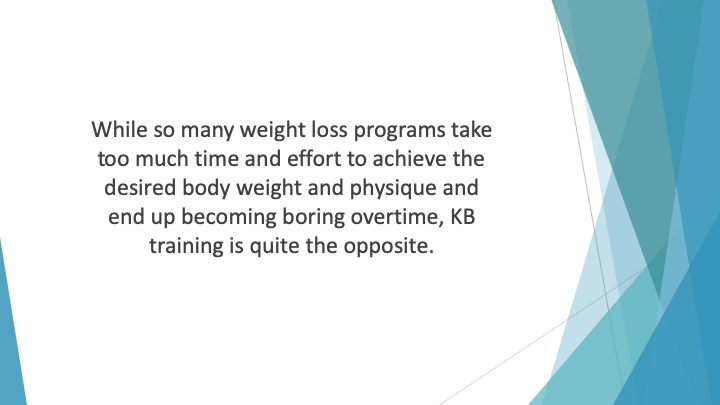
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**S24 : 5. Lowers body fats**

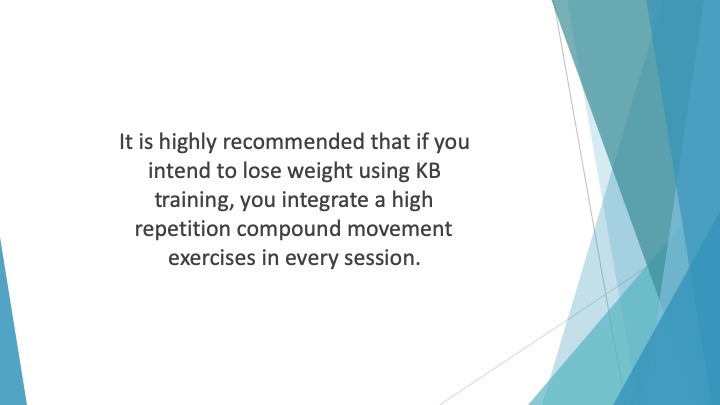
So many people desire to shed off a few pounds and hence weight loss is one of their major fitness goals. The good thing with kettlebell training is that you can achieve this and more.

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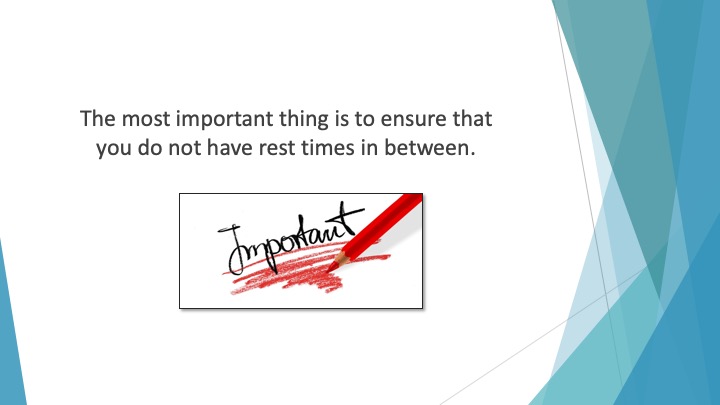
**S25 :** The main reason for this is the fact that KB training integrates a large number of high-intensity workouts that allows the body to burn as much fat as possible.

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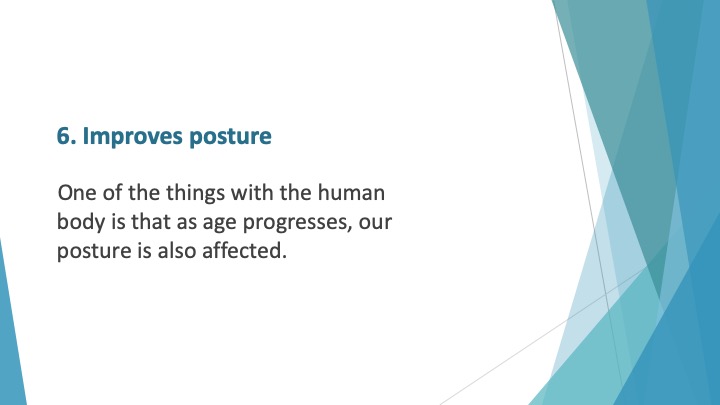
**S26 :** While so many weight loss programs take too much time and effort to achieve the desired body weight and physique and end up becoming boring overtime, KB training is quite the opposite. This is mainly because it serves as an exciting alternative to your average routine workouts because they keep you focused and boost the rate of your metabolism.

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**S27 :** It is highly recommended that if you intend to lose weight using KB training, you integrate a high repetition compound movement exercises in every session. Some of these exercises may include reverse lunges, KB swings and shoulder presses.

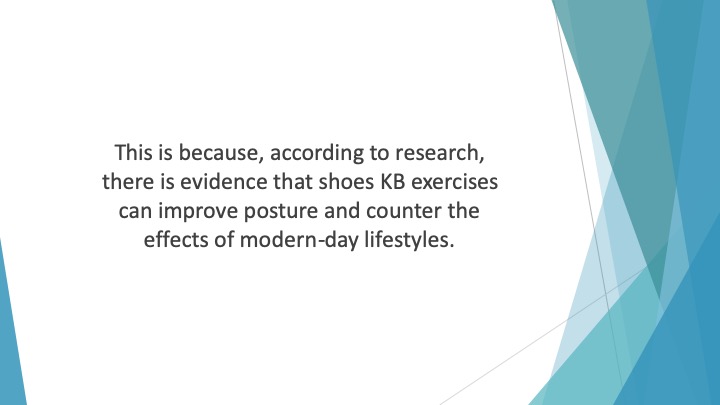
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**S28 :** The most important thing is to ensure that you do not have rest times in between.

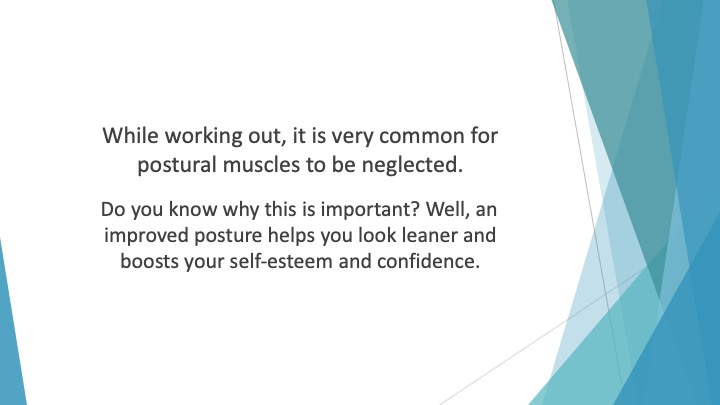
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**S29 : 6. Improves posture**

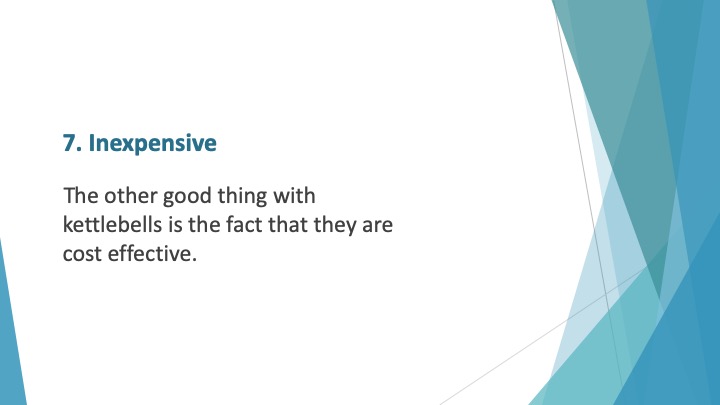
One of the things with the human body is that as age progresses, our posture is also affected. However, the good thing is that you can make sure that you control the effects of aging by incorporating KB training into your workout routine.

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**S30 :** This is because, according to research, there is evidence that shoes KB exercises can improve posture and counter the effects of modern-day lifestyles.

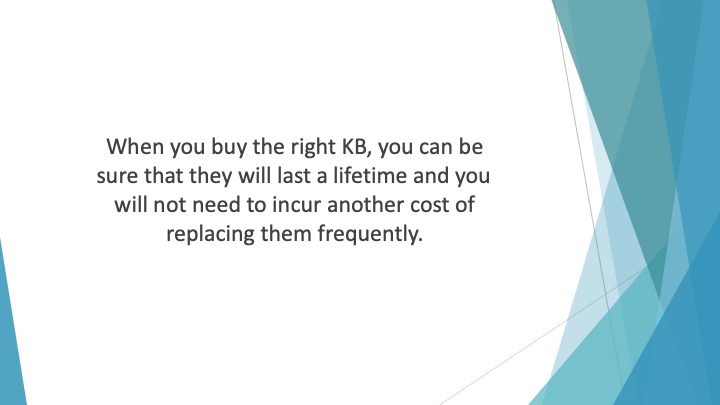
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**S31 :** While working out, it is very common for postural muscles to be neglected. But with KB training, you can dramatically improve the results and boost the posture. Do you know why this is important? Well, an improved posture helps you look leaner and boosts your self-esteem and confidence.

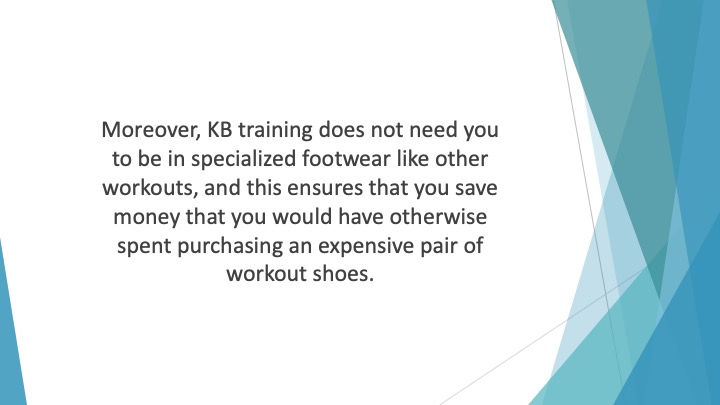
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**S32 : 7. Inexpensive**

The other good thing with kettlebells is the fact that they are cost effective.

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**S33 :** When you buy the right KB, you can be sure that they will last a lifetime and you will not need to incur another cost of replacing them frequently.

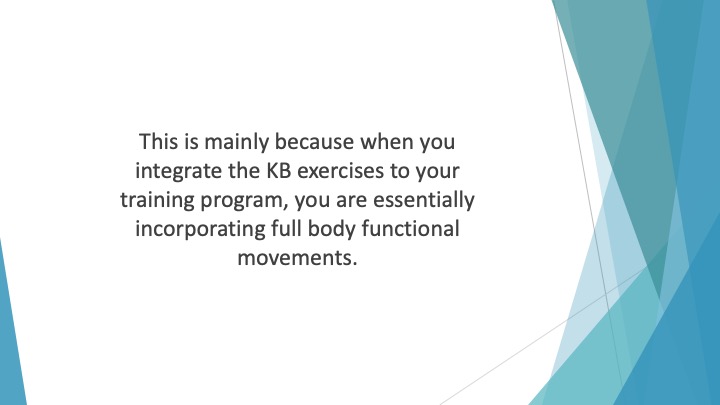
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**S34 :** For most beginners, getting a single KB that is made from solid metal can last so many years. Moreover, KB training does not need you to be in specialized footwear like other workouts, and this ensures that you save money that you would have otherwise spent purchasing an expensive pair of workout shoes.

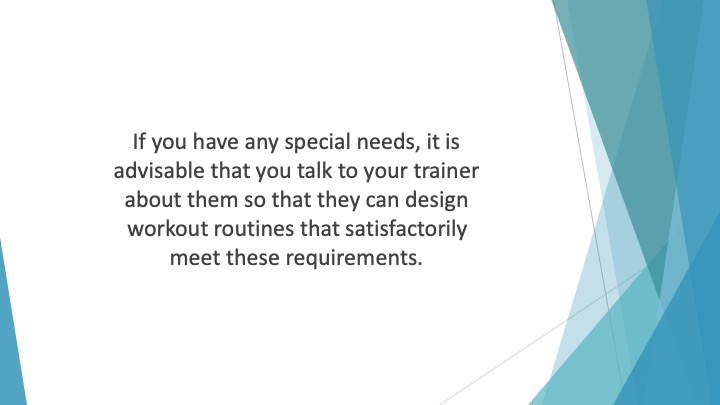
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**S35 : 8. Gaining strength without bulk**

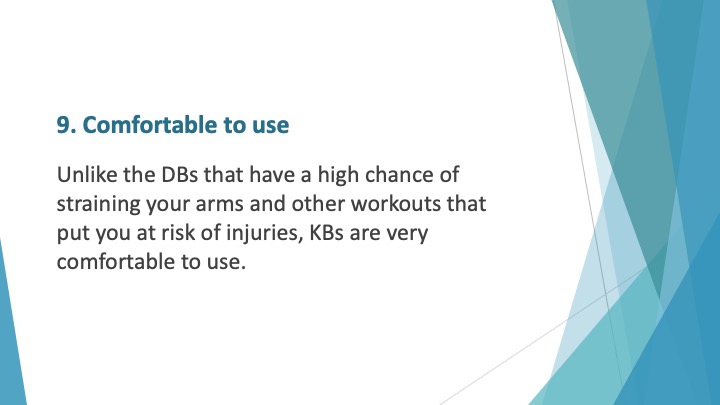
Did you know that most women who work out possess a common desire to build their strength without necessarily having a bulky appearance of a male bodybuilder? Well, with KB training, the main aim is not to increase the muscle mass but to boost strength without having that bulky appearance.

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**S36 :** This is mainly because when you integrate the KB exercises to your training program, you are essentially incorporating full body functional movements. These movements play a central role in simultaneously targeting many muscle groups across the body.

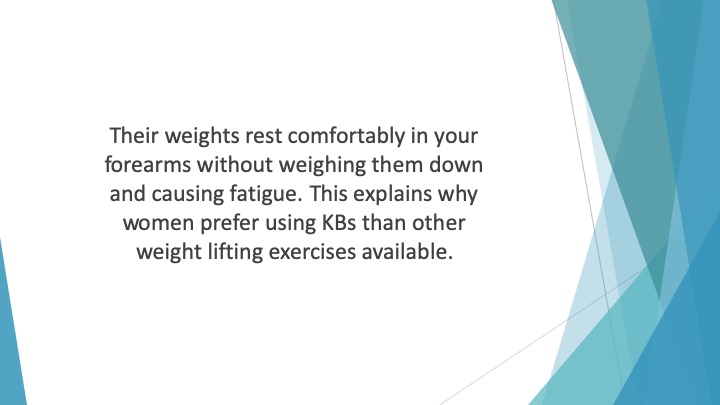
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**S37 :** If you have any special needs, it is advisable that you talk to your trainer about them so that they can design workout routines that satisfactorily meet these requirements.

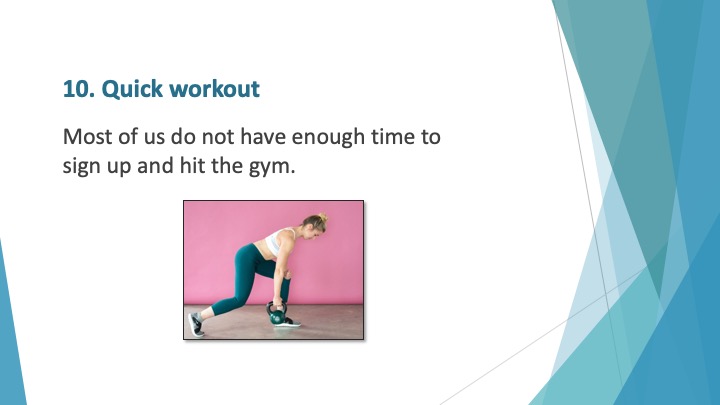
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**S38 : 9. Comfortable to use**

Unlike the DBs that have a high chance of straining your arms and other workouts that put you at risk of injuries, KBs are very comfortable to use. This is mainly because they do not pull the muscles across the body too hard.

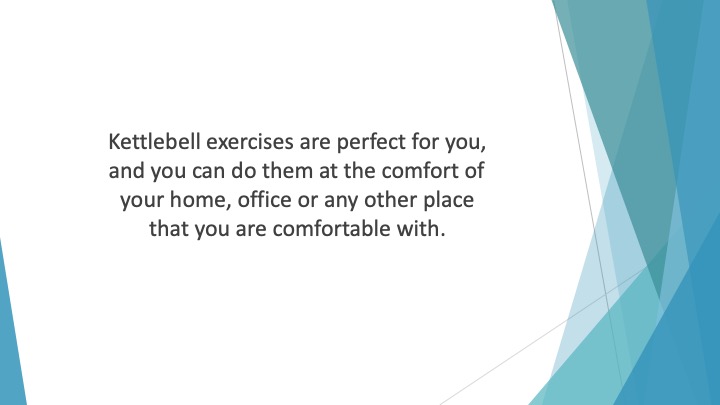
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**S39 :** Their weights rest comfortably in your forearms without weighing them down and causing fatigue. This explains why women prefer using KBs than other weight lifting exercises available.

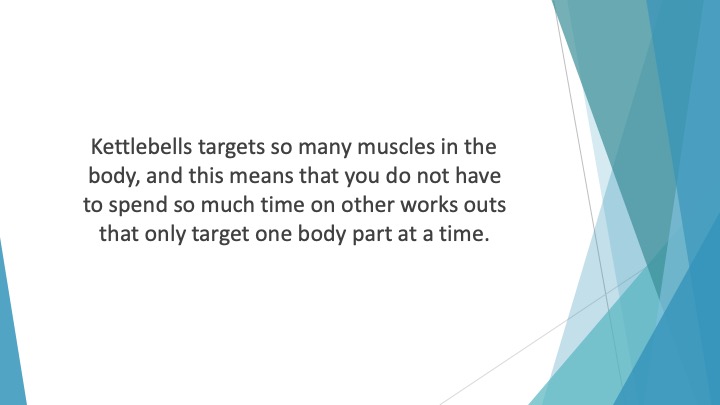
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**S40 : 10. Quick workout**

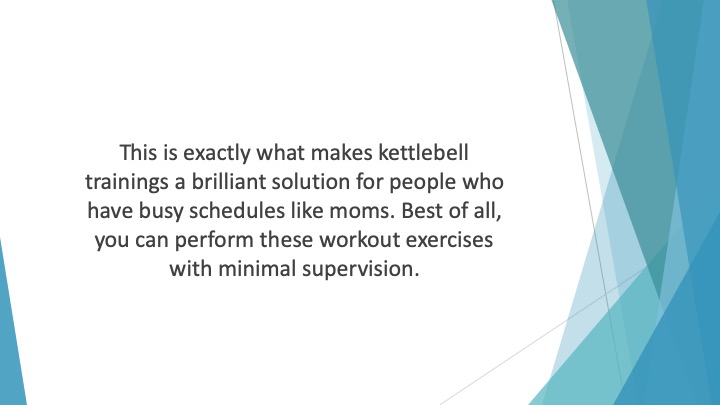
Most of us do not have enough time to sign up and hit the gym. However, this does not mean that there are no workout exercises that will help you keep your great body in shape.

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**S41 :** Kettlebell exercises are perfect for you, and you can do them at the comfort of your home, office or any other place that you are comfortable with.

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**S42 :** Kettlebells targets so many muscles in the body, and this means that you do not have to spend so much time on other works outs that only target one body part at a time.

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**S43 :** This is exactly what makes kettlebell trainings a brilliant solution for people who have busy schedules like moms. Best of all, you can perform these workout exercises with minimal supervision.