



# Kettlebell Training: For Strength and Power

*Dave Bellomo*

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## **Kettlebell Training: For Strength and Power** Dave Bellomo

Kettlebell training for Strength and Power is a detailed guide for kettlebell enthusiasts, strength athletes, and coaches that focuses specifically on the kettlebell as the primary training implement for developing whole body strength and power. Veteran strength coach Dave Bellomo offers a wealth of information, detailed exercise descriptions complete with photos, and numerous instructive and entertaining strength-training antidotes. Whether you are a kettlebell veteran or a beginner looking for a way in, Kettlebell Training for Strength and Power is a must-have book!

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