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Kettlebell Workout for  
Athletes 1 Single Leg  
Deadlift x 5 reps each  
side (5 second lower)  
Halo x 10 in each  
direction Goblet Squat  
x 10 reps (pause at the  
bottom for 3 seconds)  
Half Get Up x 3 reps  
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seconds and repeat for  
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When used correctly, kettlebells are extremely effective training tools for providing total-body strength and conditioning. The problem is that kettlebells are often used improperly. As with any technical movement, lift, or skill, proper coaching is required to maximize the benefits.

## **The 6 Best Kettlebell**

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crucial for athletes.

However, programs in  
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on the couch are not  
effective for athletes.

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performance and  
conditioning.

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