



Kettlebell Workouts & Paleo Diet Plan: How To Use Kettlebells and a Clean Diet To Build a Functional Lean Body

Viktor Orlov

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(LEARN: How to Build a Strong, Lean and Healthy Body!)

Wish you could find a workout and diet that simply works? Turned off by long boring cardio and meat heads at the gym? Or simply want to learn a few proven tips to improve your functional fitness and eat better?

The good news is a lot of cardio or machine exercises are ineffective and simply wasting your time. There is a quicker and more effective way.

The Truth?? Is a lot can be achieved with compound functional exercises and a clean diet in a short time:

For instance there are basic kettlebell moves that are pure force multipliers i.e. moves that benefit everything from athletic performance to weigh loss. Used in combination with the paleo diet plan which is a few simple meals you should set as your daily default option. Plus a ton of tips and different kettlebell exercises to give you the tools to achieve the results you are after.

In this book you will learn:

- (Force multiplier: The 3 Key Moves That Benefit Everything)
- (Getting Stronger Without Adding Muscle)
- (Tips to get an Edge in Training)
- (Kettlebell Cardio)
- (Exercise Toolkit)
- (Rules for Structuring Workouts)
- (3 Power Breakfasts)
- (2 Power Lunch's)
- (4 Quick Snacks)
- (4 Ways to Finish Strong With Dinner)
- (Supplements that Work)
- (Kicking the Last 10% Using HIIT)

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