



## Kettlebell Training

*Steve Cotter*

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Millions have experienced the benefits of the kettlebell, the ultimate training tool for fat loss, strength, stamina, and coordination. Effective and inexpensive, kettlebells are a training staple for top athletes and trainers around the world. Now, it's your turn to see the impact and feel the results.

*Kettlebell Training* is an easy-to-use, no-nonsense guide that will get you started setting goals, assessing fitness, and selecting exercises. You'll learn how to exercise safely and efficiently to maximize results. Each of the 95 exercises is accompanied by step-by-step instruction, detailed photo sequences, and training tips--instantly accessible and perfect for at home or in the gym.

Author Steve Cotter, a renowned kettlebell expert, martial artist, and certified strength and conditioning specialist, has trained elite athletes, professional football teams, Navy SEALs, and members of the U.S. Marine Corps. He has provided instruction to other kettlebell trainers in more than 40 countries, and now he is making this expertise available to you.

More than exercises, *Kettlebell Training* contains proven programs that will produce results. You'll learn how to create a routine based on your individual needs, goals, and schedule. Or simply follow the sample fitness, strength, and conditioning programs or one of the sport-specific routines, such as football, soccer, mixed martial arts, or tennis. Whether you are training for performance, appearance, or general fitness, *Kettlebell Training* has the exercises, programs, and advice you need for the results you want. It's a complete guide that you'll turn to again and again.

## Kettlebell Training Details

Date : Published October 24th 2013 by Human Kinetics Publishers (first published January 1st 2013)

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Author : Steve Cotter

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## From Reader Review Kettlebell Training for online ebook

### **Ellen says**

Lots of detail for beginners, which is good for people just getting into training and don't know much. The book has a good amount of warm-up moves, a good range of basic moves that range from beginner to advanced, and a decent amount of workout examples for various goals and sports, as well as how to create your own. In my opinion, this is a better book than the Pavel book, although that one is good for different reasons.

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### **Jeremaine Thomas says**

#### **Very helpful and very insightful**

One of the best bottleneck ebooks out there seeing gains in a very short time as promised very inspirational would recommended to friends and family

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### **Joalby Phoenix says**

Got this as a first reads review copy and I liked the breaking down into simple instructions. I enjoyed the way it was written to be appreciated by all levels with the necessary intro information to be better prepared to begin taking up kettlebell training

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### **Fallon says**

I received this as a goodreads giveaway. I have to say I expected a lot more. I was raised by a fitness trainer and was very interested in this cover and description. Yes the cover is all colorful but the whole book inside is black and white and the pictures don't even have nice shading to them they look like washed out newspaper articles. I would never spend 19.99 on this book. There were nice helpful hints and suggestions in this book but the 95 kettlebell exercises they mention not even half of them use kettlebells. If you are a beginner in using any form of working out then this is for you, but if you are regular in exercising then this is a let down.

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### **Cody Lasko says**

Phenomenally detailed and it's the best overall guide to kettlebells I've ever seen in one singular package. Highly recommend if you're looking for a solid kettlebell resource on paper.

Steve Cotter is one of the best in the business and so is this book.

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### **dejah\_thoris says**

Disclaimer: This book was obtained via the Goodreads Giveaways in exchange for this review. My apologies to the author for taking so long to read and review it.

So, I got my tiny 10lb kettlebell as a credit card reward about a year ago and haven't done much with it. It came with a video and I looked up some other kettlebell sites, played with it a few times, and then set it aside to focus on other training goals when I won this book. Naturally, I should've read it right then instead of letting it sit for months.

Why? Cotter has written the definitive book on kettlebell training. Opening with a discussion on the values of using this equipment over others, he quickly gets to the heart of the matter beginning with the proper form for everything from how to hold and chalk your bell to a proper warm-up routine to practicing each classic lift with easier equipment before mixing in the challenge of a big weight. All the exercises are well documented with photos of each step and well-written descriptions that break down each exercise into a series of movements with proper breathing techniques included. Each exercise is also followed with bullet points of key steps as well as common errors and their corrections. There are also chapters on how to create a training plan, set goals, and some basic nutrition.

Are you a real athlete already? Don't worry, there's also intermediate and advanced exercises with the same information and advice as stated above. The last few chapters provide sample training plans for both general goals (e.g. weight loss, strength training) and sport-specific performance enhancements (e.g. soccer, tennis, boxing, football).

Overall, one of the best books for anyone interested in incorporating kettlebells into their exercise routine regardless of your fitness level. My only suggestion for a future edition would be to include either a website or a DVD with videos of the exercises as the book is unwieldy to consult while attempting to exercise. (Copying the pages you want to use may be the best solution.)

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### **J says**

well organized. it reads in a personal tone. choppy at times. not fluid, but not text bookish. helpful without question. gives good analysis for its claims. if I were be certified trainer I would say its a must keep.

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### **Svetlana says**

I read both Pavel's entry books on kettlebells and Steve Cotter's around the same time. Rather than reviewing them separately I will compare them.

First off, Pavel's books. I will start with positives. Enter the KB book is a very good starter for 10 for anyone looking to start KB-ing. It's simple, straight to the point and its explanations are very easy to grasp. If Pavel says – push your butt back, it's not difficult to imagine what to do. The structure of the book is quite good and suggestions for programmes are very useful. The Russian KB challenge has a lot more exercises than Enter the KB book and has some more general tips on making your own programme.

Now for the negatives. Fluff!! And a lot of it! The Russian KB challenge is especially bad in that regard. The useful stuff starts after about 40% of the book according to my Kindle. That's like nearly half the book of

totally irrelevant stuff and obscure Soviet nostalgia inspired jokes and quotes. To be fair, the book was ultra-cheap so it's not like I've wasted money. It has some useful stuff after all. Enter the KB is a later book and it is visibly better edited and polished. It still has some fluffy passages but they do not distract from the main message of the book. Another problem Pavel's books suffer from are a lot of machismo and Soviet supermen stuff. Again, the later book - Enter the KB – is not as bad as the Russian KB challenge but it is still there although it is easier to ignore it there, especially after reading the Russian KB challenge first :)

I would also have liked a bit more detail on some exercises, especially in the Russian KB challenge book. Now to Steve Cotter's book. If you have seen even one youtube clip with Cotter you will know one thing about him- he does love to talk and explain things in a tremendous amount of detail. His book is no exception. Its structure and content are far superior to Pavel's stuff. Cotter goes over goal setting, warm-up and cool-down exercises, he covers a very wide range of KB exercises with a huge amount of detail, good photos and very very long explanations. So a clear winner then? Well, not really. I am not new to KB but even I struggled to understand his explanations even on exercises I know well. Cotter uses a lot of anatomical jargon and since I am not familiar with how most muscles or bones in human body are called I struggled at times to visualise his instructions. He does have a lot of stuff on youtube so that helps but then one may ask what the point of buying a book is.

Overall I struggle to recommend one author over the other. Going with Pavel's Enter the KB and supplementing with Cotter's book would probably be the best suggestion if I had to make one. Of course there may be even better books out there. One thing for sure, they do make one (more) enthusiastic about KB training. Here's to rising to new KB heights in 2015 :)

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