



Enter The Kettlebell Workbook: Art Of Strength

By Mr Anthony DiLuglio

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If you own Pavel Tsatsouline's popular kettlebell manifesto Enter the Kettlebell, you will love our "ETK" workbook. It turns the ETK philosophy into a detailed 12 week follow-along training plan. If you've had trouble creating your own ETK training program, this workbook is for you! Download this 56 page eBook and start earning your "Rite of Passage" today. Pavel specializes in teaching breakthrough fitness techniques to elite athletes and people who are naturally motivated. Renowned trainer Anthony DiLuglio specializes in providing motivating programs based on Pavel's principles to get ordinary people started and keep them going. Anthony's typical client needs more structure and "follow-along" simplicity than provided in Enter the Kettlebell itself. This workbook is divided into two main sections: the Program Minimum and the Rite of Passage. Each of these is broken down into weekly progressions with a specific checklist of drills for each day. The week starts with a preview and then the follow-along program itself. You should strive to complete the program in its entirety. If you do not complete a week appropriately, simply repeat that week before moving on. Specs: 12 week follow-along 56-page book

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Editorial Review

About the Author

Anthony DiLuglio is one of America's top trainer's, known for his unique approach to fitness. His corporation, Art of Strength, embodies the timeless concept of physical culture: how to train for maximum functional strength, making your body more durable, more resilient, and less prone to injury. DiLuglio has created award-winning fitness equipment, a successful gym franchise, and works with wide range of clients, including athletes and strength coaches from the worlds of the NFL, MLB, NBA, NHL and PBR to Hollywood celebrities, to everyday people who have been discarded by the medical system. After launching his career in Sweden, DiLuglio worked with some of the country's most elite athlete's and successfully launched several businesses geared towards living a healthy life. After five years DiLuglio returned to the United States where he was appalled by the sorry state of fitness in this country and quickly set out to bring about change. In an effort to take his clients training to a new level, he delved deep into history to uncover authentic, strength-building exercises that are the basis for his workouts, utilizing tools like kettlebells and ropes. His workouts are not only out-of-the-ordinary and fun, but effective, focusing on the total body. In 2004, Men's Journal named DiLuglio to their list of "100 Best Fitness Trainers in America." In 2006 DiLuglio introduced his wildly popular and revolutionary Ropes Gone Wild program to the fitness community. Ropes Gone Wild was created so varying clientele could receive the proper metabolic training they required using variations of weighted and free-hanging ropes, combined with a wide range of motions and movements. Whether the client was an avid gym-goer, someone rehabbing from injury, professional athlete, one with advanced training needs, or a workout novice, all were searching for the same end result – personal satisfaction and exhilaration from an intense cardiovascular regimen. Ropes Gone Wild hit mainstream status when it was first profiled on NBC's 'The Biggest Loser' in 2007 and was then featured on The Dr. Oz Show, Men's Health magazine as the #1 new cardio tool in 2009 and as part of Kim Kardashian's workout routine on Muscle & Fitness – Hers. Today, artofstrength.com is one of the fitness industry's leading sources of education, unique equipment and training programs. With its Minute of Strength, nearly 300 free training videos, inspiring stories of recovery and rehabilitation, downloadable and DVD workouts

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David Lacey:

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William Bixby:

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Samantha Smith:

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