



## **KETTLEBELL FREQUENTLY ASKED QUESTIONS**

### **Q: Is kettlebell training the only way to train?**

A: No one system is the only way to train. Do not kid yourself as there are many types of ways to train. Kettlebells are an effective fitness tool, amongst many: therefore, expand your tool box to use the best tools to get all the benefits.

### **Q: Is kettlebell training effective for fat loss, strength training, and packing on muscle?**

Yes, and it is a fantastic way to train and get the heart and lungs working. In order to keep kettlebell training fun, you have to keep it interesting and kettlebells are a perfect. You can benefit from kettlebells on their own or even combined with other things like boxing and bodyweight programs. There is something for everyone.

### **Q: Kettlebell exercises look dangerous; will I drop them on my foot?**

A: Only when done with poor form and lack of concentration. However, any exercise is dangerous when it's not done correctly. People die every year from running on treadmills. Thus far, there have been no deaths related to KB training yet. But the bottom line is everyone needs personal instruction to maximise the benefits of kettlebell training safely as 100% attention is required. You can't just learn it from a DVD or a book. Kettlebell DVDs while useful are not a replacement for one to one instruction from a certified trainer.

### **Q: Is kettlebell training effective for fat loss?**

A: Yes, definitely. From just training with a kettlebell for 10 minutes a day at high intensities you will experience incredible fat loss. However if you decide to sit, watch TV, eat rubbish and do no exercise you will definitely put on weight. Fat loss is 70% diet and 30% training. Do not kid yourself into thinking that you train like a professional athlete unless you are one. Kettlebell training can be a very effective way to speed up your metabolism. However, if anyone that tells you that you can lose fat with kettlebell training and a poor diet and still look great then maybe they need personal training too. For a kettlebell Fat Loss System contact me for more information.

**Q: Is Kettlebell training effective for building muscle?**

A: What do dumbbells and kettlebells all have in common? They are both forms of weight training. Thus, just as barbells and dumbbells are effective for building muscle, kettlebells are very effective as well. That said, nothing takes the place of progressive weight training with barbells. Barbell squats, barbell dead lifts, barbell military Presses, and weighted dips are among the kings of muscle building. If your main goal is to build muscle then you are better off with barbells. If you have been training with barbells and dumbbells for a while and want a new stimulus then kettlebell training is a great fit. Also, kettlebells are great for building the shoulders, hamstrings, and arms. Kettlebells are not the best fit for quad development and of course calf development. A combination approach utilising kettlebells and barbells is a very effective way to go.

**Q: I want to get stronger without getting bigger. Is kettlebell training for me?**

A: Yes, this is one of the most popular benefits of kettlebell training. When training with the kettlebell it is like training the whole body as a system at the same time without concentrating on one particular muscle group at one time. This is known as peripheral heart training where you work the body as one unit without putting on bulk. Women for example love kettlebell training as it helps them tone up and lose fat without getting big and bulky. Truth be told, building muscle is not easy for women as they have less muscle building chemicals in their bodies like men so they will find it difficult to get big and bulky anyway-so that should be the least of your worries.

**Q: Do women use kettlebells?**

A: Yes they absolutely love it! ;-) I work with women all of the time at my workshops and classes and they love kettlebell training. Especially exercises such as swings, squats, renegade lunges, and the windmill. Women tend to believe the illusion that they will turn into "Arnold" overnight and that they will have Popeye arms and shoulders.

**Q: Are kettlebells popular with athletes?**

A: Many athletes are enjoying the benefits of kettlebell training. Some examples are MMA fighters, rugby players, soccer players, endurance athletes like runners and triathletes.

**Q: Is kettlebell training suitable for martial artists?**

A: Two of the top martial arts strength coaches Steve Cotter and Steve Maxwell are big fans of kettlebell training. No doubt their stamps of approval carry a lot of weight as both are highly respected members of the martial arts community. Make sure you check out Steve Cotter's website at [www.fullcontact.com](http://www.fullcontact.com) for more info.

**Q: Is kettlebell training great for lazy people?**

A: Nope, but watching TV and eating processed foods is. When you are ready to take control of your health, think about getting some kettlebells and actually using them, even if it's only for 10 minutes.

**Q: What size kettlebell should I start off with?**

A: Kettlebells or poods come in different sizes. A pood is usually a 16kg. But they start at 4kg and go right up to 63kg. Women start on a petit 8kg and guys start on a muscle crunching 16kg.

**Q: Where can I see some sample Kettlebell programs?**

Check out my website for videos and PDF downloads, as well as daily workouts that include kettlebells.

[www.kickassfitnessuk.com](http://www.kickassfitnessuk.com)

- E-mail: [mike@kickassfitnessuk.com](mailto:mike@kickassfitnessuk.com)
- Telephone: +44 (0)1789 720176
- Mobile: +44 (0) 7754 569353