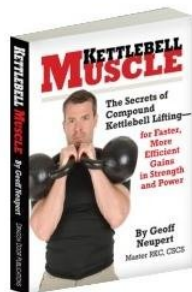
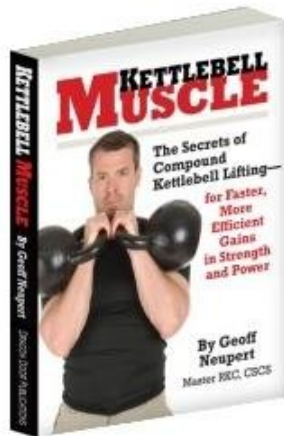


KETTLEBELL MUSCLE: THE SECRETS OF COMPOUND KETTLEBELL LIFTING BY GEOFF NEUPERT



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Kettlebell Muscle Kettlebell Muscle The Secrets of Compound Kettlebell Lifting for Faster, More Efficient Gains in Strength and Power By Geoff Neupert, Master RKC, CSCS 74 pages 8 5 x 11 paperback How to Open the Door to INTELLIGENT Hypertrophy Training And Build Muscle Mass Fast 'In the strength and conditioning world...

- Sales Rank: #152203 in Books
- Brand: Geoff Neupert
- Published on: 2010
- Number of items: 1
- Binding: Paperback
- 74 pages

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31 of 42 people found the following review helpful.

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By M. Harris

The main reason for this book is about working out using chains or complexes or both.

What is a chain?

Its basically a superset. you do one exercise for reps then immediately do another exercise and then another exercise. after you finish all the exercises that counts as one chain set.

what is a complex?

instead of a chain were you do say 5 reps with swings and then 5 reps of snatches, you do 1 rep of each exercise then repeat again 5 times.

My opinion:

Its basically a magazine. With some pictures of well known exercises, some well known reasons why kettlebells are great tools for a healthier body, and at the end he gives you a simple workout scheme. The workout scheme is basically the same for the first 6 weeks consisting of complexes, and the second 6 weeks he changes it up and adds chains. the only exercises he has you do are double kettlebells of swings, clean, high pulls, snatch, presses, front squats. Thats it, for 12 weeks. Not much variation, and not much substance.

8 of 10 people found the following review helpful.

The name says it all "Kettlebell Muscle"

By Russ Moon

Master RKC Neupert has constructed a highly time efficient program that involves less than one hour of actual workout time a week....and the results for me were amazing. I gained 5 pounds of solid muscle in barely a month while greatly increasing my cardiovascular conditioning and strength.

This is a bit more advanced as the program utilizes dual kettlebells which heighten the intensity and the results.

If you follow the program to the letter the results will be there and amazing. I went from snatching a 40kg once to 5 times with each arm in one month. That was pretty tangible evidence to me that I was getting results.

3 of 3 people found the following review helpful.

You thought you knew kettlebells

By Scott Bradley

If you know your way around the kettlebell and need a fast and efficient way to develop muscle this is your book. Jeff, as usual, is clear and precise with his programming. One of the best in the field of strength and conditioning

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