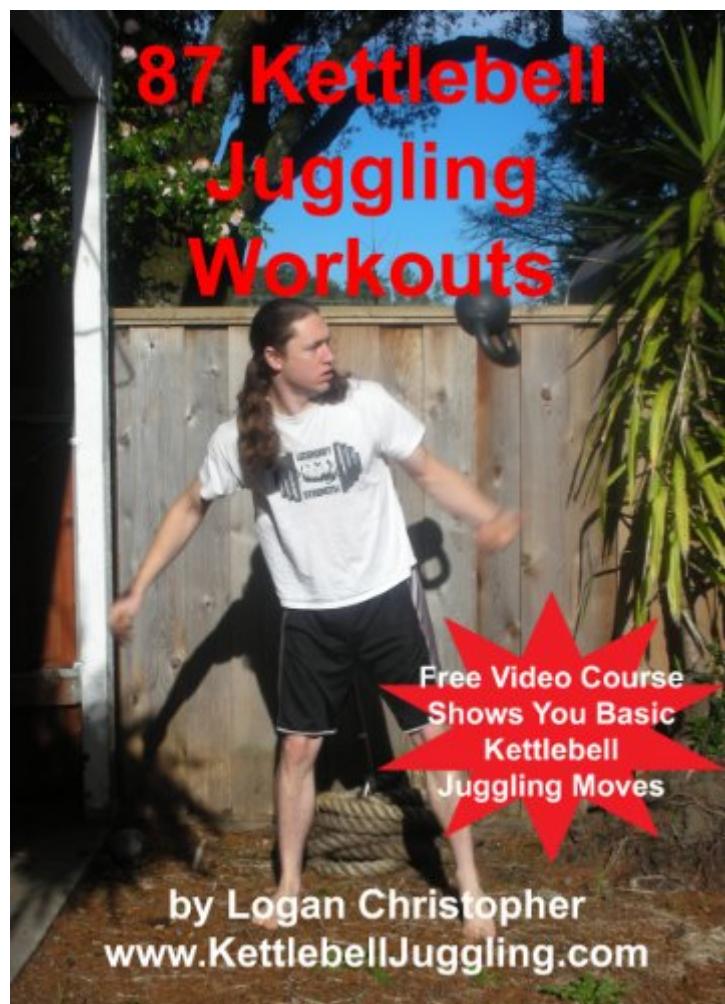


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# 87 Kettlebell Juggling Workouts



## Synopsis

Get 87 Kettlebell Juggling Workouts. Progressions are built into over half of them. All you have to do is go out there and do them. This book comes with a free video course that will get you started kettlebell juggling. If you'd like to grab that without getting the book simply sign up at [kettlebelljuggling.com](http://kettlebelljuggling.com) No where else will you find kettlebell juggling broken down into a simple process where each step leads you to the next. You'll find out how to get started with your first flip and much more on this 100% free video. This comes from a private workshop people paid up to \$1000 to attend, and flew in from as far as the Netherlands for, and it's yours free! You'll also discover the brand new RANKING system that will revolutionize the way kettlebell juggling is done! Imagine when you impress your friends when you easily toss around heavy iron over your shoulder that they can barely lift off the ground! These 87 workouts will get you there.

## Book Information

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