

Turn Your Gym Workouts Around With a Kettle Bell

There comes a time when the old standby workouts like bench press, curls, military press, and squats become very boring. If you're in the, 'my workouts are so boring to me' mode it's time to switch to the kettle bell workout team. The kettle bell has been around for over 100 years, but it's only been the last 10 years or so that the kettle bell has become a popular workout choice for fitness. A kettle bell is very similar to a bowling ball with a handle attached to it. Kettle bells come in different sizes with the smallest kettle bell weighing 2 pounds and the largest weighing \$35 (there are probably larger kettle bells available).

Kettle bell workouts require very little workout space. Because kettle bells are small and kettle bell workouts do not require much space they are perfect for workout out at your apartment or home. To do a kettle bell workout all you need is a kettle bell. A kettle bell workout exercises the entire body, and done properly, the kettle bell workout will build a strong back, a great set of shoulders, and a flat stomach.

Kettle bell workouts require a specific technique, meaning a kettle bell workout must be done the right way. The most direct way to get a solid kettle bell workout and to learn how to do a kettle bell workout exercises the correct way is to work out with a [certified personal trainer](#). If you can't find the time to meet with a certified [personal trainer](#), then buy a book or DVD set that instructs you on how to use a kettle bell correctly.

Kettle bell workouts vary from low speed low intensity to very intense. Kettle bell workouts for the new kettle bell student should only last 20 minutes but can extend to 40 minutes once the student gets into better shape. Taking a day of rest between workouts is suggested so your muscles recover and so you feel better at your next workout.

About Upward Motion Personal Training

[Upward Motion Personal Training](#) is a personal trainer studio offering customized personal training workout programs, small group training classes, Women's Butt and Gut Classes, Piloxing classes, an [on-line store](#), [Corporate Wellness Programs](#), and Upward Motion Personal Training's Y.E.S. To Success Program. The company's workout studio is located at 336 Adams St SE, Albuquerque, NM 87108

CONTACT:

Upward Motion Personal Training
Founder and Director: Luis Alvidrez
336 Adams St SE
Albuquerque, NM 87108
505-268-1231
<http://www.upwardmotionpt.com>

