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## KettleWorx

Posted by Richard - 2009/06/14 20:22

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This program is centered around the use of kettle bells in your workout routine. There's a reason that everyone in MMA is wanting to use kettle bells now- and it's because THEY WORK! This is a great program that gives you a couple of different exercises using some very simple tools that generate VERY powerful results. I've included a video below- but don't let it fool you. For all you hard asses out there- there are a bunch of different workout routines in their store that are much more advanced than people wanting to lose "pregnancy weight." Check out their products by clicking on the banner below.

[http://trainfightwin.com/images/banners/440x150\\_KettleWorx.jpg](http://trainfightwin.com/images/banners/440x150_KettleWorx.jpg)

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