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The kettlebell, this almost magical gym-in-the-palm-of-your-hand, can deliver spectacular results be it in strength, conditioning, power or movement quality. Warrior-athletes revere the kettlebell for the added resilience and hitting-power it gives them. Endurance athletes value the extreme conditioning challenge.

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Kettlebells are also effective because they target all aspects of fitness, including strength, endurance and power, says Mike Bell, a personal trainer at willSpace, a New York-based gym.

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Kettlebell Training by Steve Cotter Goodreads

I read both Pavel's entry books on kettlebells and Steve Cotter's around the same time. Rather than reviewing them separately I will compare them. First off, Pavel's books. I will start with positives. Enter the KB book is a very good starter for 10 for anyone looking to start KB-ing.

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