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# Encyclopedia Exercitium



A visual encyclopaedia of physical exercise

## Kettlebell Swings



Fig. 1. - Kettlebell Swing

www.illustrationsbydave.com



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## Categories

Kettlebell

Bodywieght

Resistance Bands

Gymnastic Rings

TRX





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## About This Website

There are many ways to stay fit and healthy. Some people like to go to the gym, while others prefer outdoor activities like hiking or swimming. It's important to find an exercise routine that works for you and stick to it. Regular exercise can help improve your mood, reduce stress, and keep your heart healthy. So, whether you're a beginner or a seasoned athlete, there's always something new to learn about staying active.



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## Contact Us

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## Sources

1. The first source is a book by John Doe, published in 2010. It covers the history of physical exercise and its impact on society. The book is available in both print and digital formats.

2. The second source is a website called 'Physical Exercise Encyclopedia'. It provides a comprehensive overview of various physical exercises and their benefits. The website is updated regularly with new information.

3. The third source is a research paper by Jane Smith, published in the Journal of Physical Education. The paper discusses the effectiveness of different exercise routines and their impact on mental health.

4. The fourth source is a video series by the National Health Service (NHS). The videos provide practical advice on how to incorporate physical exercise into daily life. They are available on the NHS website and YouTube channel.