
Fitness/Strength Training Writing Sample
Keyword: kettlebell training

Five Benefits of Kettlebell Training – Your Ultimate Deserted Island Gym

Remember the movie “Cast Away”? If Tom Hanks landed on that deserted island with a kettlebell instead of that volleyball, he might have been rescued sooner.

Sure, “Wilson” (the volleyball) provided companionship on those lonely island days. But a lowly 53lb/24kg kettlebell would have given him superpowers of muscle, strength, and endurance. He’d dominate the harsh challenges that the island dished out.

Hell, he could’ve even painted a face on his kettlebell. There. No need for Wilson.

So to me, the kettlebell is the ultimate deserted island gym.

If I were stuck on one, I’d be stoked to find a rusty old ‘bell half buried in the sand, awaiting me like some long lost treasure. Add some chin-ups on a palm tree and I’d have enough to increase strength, build muscle, and crank up endurance for running away from cannibals. All in less than a few hours per week.

Not that you’d lack time on a deserted island...



Even if you aren't a castaway, training with kettlebells can be the strength-building, fat-burning ticket you're looking for.

When it comes to exercise equipment and working out, we're all usually concerned about these five things in our busy lives:

- "I don't have much time!"
- "It has to be cheap."
- "I don't have much space!"
- "It must be easy to learn."
- "I want to see results, like now!"

Kettlebell training shatters these concerns and more. Here's a breakdown of how:

Kettlebell Workouts are Quick

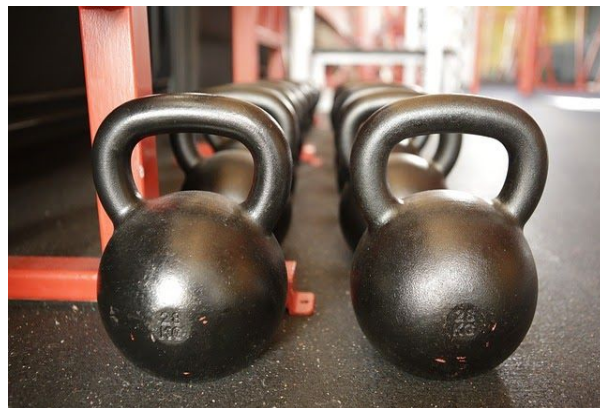
Your workouts should give you more than they take away. Meaning, you should feel energized and alive after training, not exhausted and defeated.

If you spend too much time exercising, you'll drain energy, fry your central nervous system, and bring recovery to a standstill.

Properly-designed kettlebell training programs are quick and intense. Sorry for the cliché but it's true: you'll get maximum benefit in minimum time. A typical kettlebell session is only 20 to 30 minutes long, sometimes even shorter.

Kettlebells are Cheap

Compared to most home exercise equipment, kettlebells are cheap.



You can spend thousands on treadmills, stationary bikes, rowing machines, weights, racks, and benches (if you even have the room).

Or you can spend about \$200 to get two or three quality kettlebells that you can pass on to your grandchildren.

Kettlebell Workouts Don't Take Much Space

Live in a small studio apartment? Have a large house but no spare rooms? Or does your place fall somewhere in between? Whatever space you have, kettlebells will be right at home.

If you have enough space to walk a few steps, lie down, or raise your arms above your head, you have enough space for a full-body kettlebell workout.

And storing your two or three kettlebells is no problem because even the largest 'bell is only about the size of a basketball.

Kettlebell Movements are Easy to Learn

Like anything worth doing, it will take a little practice. I recommend you get at least one training session from a certified kettlebell instructor. To find one in your area, check out the instructor search at [StrongFirst](#).

What's cool is you can learn the basic movements and exercises in one afternoon. And at that point, you'll have enough knowledge for a lifetime of kettlebell training.

Most of the essential kettlebell exercises work the basic human movements like hip-hinging, squatting, raising your arms, and lunging. No complicated underwater jump-spinning double-axle backflips here!

Finally, You'll See Fast Results with Kettlebell Training

With any exercise training program, consistency is key. At the very least, commit to twenty minutes per session, three days per week. You'll see results, without a doubt.

That's just one hour per week!

If you want to turbo-charge your results, add another day or two of training. Cut out the sugary drinks and add an hour of sleep each night. You'll be shocked at your progress in three months, if not sooner.

So there you have it!

Five awesome reasons why training with kettlebells just might be the ultimate minimalist workout for busy people like you and me.



Your mission should you choose to accept it: buy your kettlebells, start training, see and feel the results, fast.

Then grab a snack and watch "Cast Away." You earned it.