



.. Are you doing KING OF THE EXERCISES? .. The SQUAT .. You don't

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.. Are you doing KING OF THE EXERCISES? .. The SQUAT .. You don't need to do just barbell squat. There are some excellent variations with kettlebell: .. 1 KB Box squat .. 2 KB Goblet squat .. 3 KB clean + goblet squat .. 4 KB Rack squat .. 5 KB Double rack squat .. 6 KB Deck squat .. 7 KB Overhead squat .. 8 KB Lunge .. This variations I am often putting to FITNESS programs for my clients. They like it a lot and it is helping them to achieve their goals .. Tag a FRIEND who needs to SQUAT .. #kettlebell #kettlebellworkout #kettlebellworkouts #kettlebellswings #kettlebellsport #kettlebellkings #kettlebellexercises #girya #giryasport #kettlebellcomplex #kettlebellfitness

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