



Kettlebell Kings Presents: Kettlebell Training For Mixed Martial Arts & Brazilian Jiu Jitsu

Read full post at: <http://blog.kettlebellkings.com/kettlebell-training-for-mixed-martial-arts-brazilian-jiu-jitsu>

We are going to be doing series around kettlebell movements and workouts designed for combat sports. Though these movements are designed to incorporate elements of combat sport training, we love the concepts the workouts involve and think they make a great workout for anyone!

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<https://livingfit.blog/kettlebell-kings-presents-kettlebell-training-for-mixed-martial-arts-brazilian-jiu-jitsu/>