



# Kettlebell Kings Presents: One Arm Long Cycle Part of Our 4 Week Training Program

This is from: <http://blog.kettlebellkings.com/kettlebell-sport-4-week-beginner-training-program>

Kettlebell Kings has created a 4 Week Beginner Training Program for Kettlebell Sport. This breaks down one of the movements in the training. Kettlebell Sport has all the elements that make for a good training regimen and workout! You build strength, endurance and test your will!

The Basics of Kettlebell Sport:

- 1) endurance kettlebell lifting, lifters have 10 minutes to complete as many reps as possible
- 2) efficiency and technique are important to maintain energy throughout set
- 3) lifters compete in specific lifts with either one arm or two arms

The Benefits:

- 1) great goals to motivate your workouts
- 2) blend of strength, endurance, balance and coordination in one workout equals efficiency
- 3) build amazing mental tenacity, this carries over to other aspects of life

To read more about the program visit: <http://blog.kettlebellkings.com/kettlebell-sport-4-week-beginner-training-program>

<https://livingfit.blog/kettlebell-kings-presents-one-arm-long-cycle-part-of-our-4-week-training-program/>