

WEIGHT TRAINING

KETTLE BELL AND DUMBBELL TRAINING

The myth behind kettlebells & dumbbell training. I know a lot of women have been told over the years that functional weight training will make you "have big muscles". When it fact, it can burn more fat and calories than cardio if done correctly. If you ever want to read thoroughly from any of my stuff, I promise this is the one.

I've been asked many times, "Are kettlebell workouts good for weight loss?"

The simple answer is yes, here are 5 reasons why kettlebell workouts are good for weight loss:

1. EACH KETTLEBELL EXERCISE USES UP TO 600 MUSCLES

Kettlebell training, if performed correctly, is based around movement patterns rather than muscles. So, rather than train the biceps or triceps you would use large full body exercises including the kettlebell swing, kettlebell clean and press, goblet squat etc.

Quick Summary:

Kettlebell training will burn more calories in a shorter amount of time because you are using more muscles per exercise.

2. DEVELOPS MORE MUSCLE AND SO INCREASES METABOLISM

One of the key things to weight loss is increasing your metabolic rate. The quicker and more demanding your metabolic rate the more calories you burn in daily life, even when sleeping. As mentioned above, kettlebell exercises work 100's of muscles at a time. Kettlebells, being a weight, strengthen and tone muscles to enable them to perform better for the next workout. Active muscles require constant supplies of energy in order to maintain their size and performance and so increase demands on the metabolic system.

Quick Summary:

Exercising with kettlebells adds tonicity to 100's of muscles at a time which in turn raises the metabolic system meaning you burn more calories throughout the day and night.

3. KETTLEBELL TRAINING INCREASES CARDIO AS WELL AS MUSCLE MASS

Yet another reason why kettlebell training is so great for weight loss is that not only does it work on your muscles but it improves your cardio as well. Many kettlebell exercises are dynamic and require swings, pushes and pulls using explosive movements. Moving a kettlebell through all the various positions takes a great deal of muscle activation and energy. Kettlebell exercises tend to be put together in flowing based circuits meaning that you move from one exercise to the next without putting the kettlebell down.

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Quick Summary:

Kettlebell exercises are dynamic and require lots of energy to perform. The kettlebell exercises are put together in flowing circuits which keep the heart rate up burning even more calories per workout.

4. CONTINUE BURNING CALORIES AFTER EACH WORKOUT TOO!

One of the important things about exercising and weight loss is that you don't want to just burn calories while you are performing your workout. If you only burned calories during your workout then you'd have to workout all the time! Luckily, kettlebell training, when programmed correctly, creates a large imbalance in homeostasis throughout the body. Once the workout is over the body needs to work very hard in order to restore balance which in turn means the use of even more energy or calories. Each kettlebell exercise can be performed at home and in only a very small amount of space (6ft x 3ft) because you don't need to move your feet very far.

Most kettlebell workouts can be performed with just 1 kettlebell so they work out very inexpensive too. Kettlebell training can be performed at home with very little space and one 1 kettlebell. The kettlebell movements are fun to perform and require skill development which takes the emphasis away from just working out. Above I've listed 5 good reasons why kettlebell workouts are great for weight loss.



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