



# Kettlebell Training: For Strength and Power

*By Dave Bellomo*

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Kettlebell training for Strength and Power is a detailed guide for kettlebell enthusiasts, strength athletes, and coaches that focuses specifically on the kettlebell as the primary training implement for developing whole body strength and power. Veteran strength coach Dave Bellomo offers a wealth of information, detailed exercise descriptions complete with photos, and numerous instructive and entertaining strength-training antidotes. Whether you are a kettlebell veteran or a beginner looking for a way in, Kettlebell Training for Strength and Power is a must-have book!

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## **Kettlebell Training: For Strength and Power** By Dave Bellomo Bibliography

- Sales Rank: #2251252 in Books
- Published on: 2014-06-28
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .25" w x 8.00" l, .52 pounds
- Binding: Paperback
- 110 pages

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## **Editorial Review**

### **About the Author**

Dave Bellomo has worked in a variety of positions in the fitness management field, including corporate wellness, personal training, and program design for amateur and professional athletes. Bellomo is the author of *Kettlebell Training for Athletes* (McGraw-Hill, 2010) and numerous articles on fitness and strength training. He has also produced many videos, including *Kettlebell Basics* and *Kettlebells for Grapplers*. He consults with high-level athletes such as mixed martial artists, strongman competitors, and elite military and law enforcement professionals, including members of Homeland Security and U.S. Special Operations. Bellomo is available for seminars and can be contacted through his website, [davebellomo.com](http://davebellomo.com).

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