



Kettlebell Long Cycle Training: A Twelve Week, Progressive, Long Cycle Competition Training Program for Beginners

Mr Douglas Victor Seamans Jr

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So much has been written about kettlebell training: for strength, for power, for speed, for weight loss, for general health and fitness, but almost nothing has been written regarding kettlebell training for sport. Yes I said SPORT! Kettlebell Sport lifting is one of the fastest growing competitive sports in the world. This growth, fueled by several national organizations and a couple of international organizations has pushed Kettlebell Sport to a new high in popularity and a possible application to be in the Olympics. In 2007 the first Kettlebell Sport competition was held in the United States. In the following years there were a small handful of competitions each year up until 2013 when Kettlebell Sport exploded and there were almost a dozen competitions in the United States! This was also the year that the first American Kettlebell Alliance held a National Championship to create the first “Team USA” to go compete at the World Championships. In 2014 there were over 20 competitions and in 2015 there are almost 30 competitions scheduled. With this popularity and growth there are many gyms and many coaches one can go to for help with technique, training and programming. But there has yet to be written a manual for those who wish to try it out on their own, the basement and garage lifters who may be a little lost with how to train for their first competition...until now! Introducing the first manual for beginner Kettlebell Sport lifters who are focusing on the Long Cycle event! While I am not a world champion (yet) and I am not the world's best coach, I have lead many new lifters to the podium for their first kettlebell sport competition and many of them left with a medal! And while I do recommend you seek a professional coach in person or via video conferencing, I wanted to write a manual to help people train for their first competition without a coach. So now I am giving this gift of knowledge to the world, so that more people who are interested in the sport can train successfully and compete. I hope you enjoy this book and I hope you take it's contents and use it to fuel your fire and succeed in winning your very first Long Cycle competition!

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