

Kettlebells For Women

Specialized Kettlebell Exercise Training Kits Available Through Russian Kettlebell.com

04/01/08 - Kettlebells for women has become one of the fastest growing sectors of the fitness industry, and online kettlebells resource Russian Kettlebell.com (<http://www.russian-kettlebell.com/>) features several training kits specially geared toward women interested in starting a kettlebell training routine.

"Kettlebells for women have been largely ignored by many online retailers who simply offer "one-size-fits-all"™ starter kits which are usually biased toward male users by including only larger kettlebell weight sizes," said a spokesperson for the website. "For that reason we are featuring several kettlebell "Quick Start Kits"™ that cater to female users with smaller weight sizes, along with training DVDs and books."

The Quick Start Kits for women featured by the site are available with 9lb, 18lb, and 26lb kettlebells, paired with training DVDs and books, and are sold at a lower price point than if purchased separately.

To learn more about kettlebells, including workout tips and exercise routines, please visit Russian Kettlebell.com on the web at www.russian-kettlebell.com.

About Russian Kettlebell.com

Russian Kettlebell.com was established in 2004 as the authority in online resources for kettlebells, kettlebell training DVD's, and kettlebell exercise programs. Also featuring related strength and conditioning products such as clubbells, the site has maintained a high profile as one of the premier online destinations for information on training with kettlebells.

<http://www.russian-kettlebell.com/>