

Kettleburn 2.0 Review

Kettle bells have been a popular way to lose weight for a long time. Although they are simply a weight that you can swing and move around, they are known worldwide for being ideal for muscle building and weight loss. Kettleburn 2.0 is a complete system that's designed to help you burn fat fast using the ultimate kettle bell workout.

Kettleburn 2.0 turns most other kettle bell systems on their heads as it shows you the reasons as to why these other programs fail. The system works through a process called Purposeful Program Progression which basically means increasing your output as you get fitter.

Every fat loss regime needs to include the following:

The Overload Principle

Simply stated, you must create a new stimulus each and every time you train in order for your body to adapt to the outcome you're trying to create – in this case, fat loss.

The Overcompensation Principle

Take a look at your palm. If you swing a kettle bell, you most likely have calluses. They are an example of the Overcompensation Principle. Create a stress, and the body responds by adapting to that stress.

The GAS Principle

GAS stands for *General Adaptation Syndrome*, which explains the three stages of adaptation our bodies undergo when exposed to stress – alarm, resistance, exhaustion. See that last word? *Exhaustion*. The GAS Principle tells us that because of the Overload and Overcompensation Principles, we need the proper rest when training for fat loss.

With these basic principles, the idea behind Kettleburn 2.0 is that you will burn more fat than you would with any other kettle bell workout. There are a number of testimonials on the sales page that route for this program and suggest it's very good.

This program is suitable for just about anybody and that's one of the reasons we like it so much. It's suitable for both men and women and even women who have just had a baby. One of the testimonials is from a lady who managed to get back into shape in just a few months after having a baby using this system.

We highly recommend it and at just \$67 you can't go wrong. There's a money back guarantee and tons of bonuses included so you're sure to get everything you need to lose weight with this one system. Check it out and let us know how you get on – we'd love to hear from you.