



# Scuba Diving Fitness: Kettlebells for a Fit Diver

*Coach Izzy*

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**Divers should be the fittest people on the planet.** They expose their bodies to the physical stresses inherent to diving, face countless perils, and even after a successful immersion; they incur obligations not present in other sports. Their physical fitness is paramount to their safety and enjoyment of the sport.

Alas, the statistics show that **7 out of 10** divers are overweight, and over **52%** of diving fatalities are attributed to poor fitness.

But let's be fair.

Between the obligations of daily life and off-gassing after the dives, scuba divers have only a small time window to take care of their fitness. Unfortunately, many don't know how to maximize this window and find only frustration as they start a fitness program. They soon feel they don't have the time to get fit or the money to buy expensive equipment and stop.

That's why **Kettlebells For A Fit Diver** came to existence. *Now in its second edition*, it has been showing divers that superb diver fitness can be achieved with only:

- A kettlebell.
- A space without obstructions.
- About 3 hours per week.
- The desire for permanent changes.

That's it. Kettlebells have reclaimed their place in mainstream fitness for one undeniable fact: *They work!*

The book **Kettlebells For a Fit Diver** is the heart of **The Kettlebells for a Fit Diver System**.

It was designed for the busy diver serious about fitness and looking to get started or fed-up with the lack of results. The author Israel "Coach Izzy" Sanchez is a renowned strength coach, pain therapist, and an avid diver himself who has made it his mission to simplify the diver's fitness journey and remove the clutter getting in the way of results.

The book is only part of an extensive fitness system designed exclusively for divers by divers. Instructions to activate *Premium Diver Access* to **The Kettlebells For a Fit Diver System** are inside the book. You will get access to video courses, video exercise demonstrations, performance tools, and additional fitness resources.

The value you get from the book **Kettlebells For a Fit Diver** by itself is immense! You will learn about:

- **Debunking** strength and cardio - So evident, their true nature gets easily overlooked.
- **How to** select the proper kettlebell size - No more random rules!
- **The foundations** for successful and safe kettlebell lifting - What you thought was common sense may not be.
- **Detailed** week-by-week, day-by-day, step-by-step training program to guide you from novice to proficient through fun and effective workouts.
- **Detailed** descriptions and pictures of featured exercises.
- **Strategies** and tools to get 2, 3, or more cycles out of the system.
- **Debunking** 8 myths in diver fitness.
- **Debunking** the misunderstanding of flexibility.

And a lot more!

You will see parameters familiar to you - like sets and reps- but they won't be arranged in the boring and ineffective nonsense to which most people are exposed. In seven weeks you will notice a substantial difference in your strength, flexibility, endurance, energy, and body composition. No wonder scuba diving legend **John Chatterton** and kettlebell authorities **Vincent Metz** and **David Ganulin** give Coach Izzy their enthusiastic thumbs up.

Coach Izzy's nearly two decades of experience and education as a strength coach and pain therapist have shown him that *most folks get poor results not because they are lazy but because their efforts are guided by myths and misinformation.*

He offers a provocative perspective that has already transformed the lives of thousands and crushes myths in the process. Your attitude to fitness will never be the same with this fitness system designed just for divers.

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Information is provisions for anyone to get better life, information presently can get by anyone from everywhere. The information can be a know-how or any news even restricted. What people must be consider whenever those information which is in the former life are challenging to be find than now's taking seriously which one is suitable to believe or which one often the resource are convinced. If you get the unstable resource then you obtain it as your main information it will have huge disadvantage for you. All of those possibilities will not happen inside you if you take Scuba Diving Fitness: Kettlebells for a Fit Diver as your daily resource information.

#### **Stephanie Hopkins:**

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