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President and Director. E-Mail: steve.cotter@ikff.net. As the Founder and Director of IKFF, Steve Cotter draws from an extensive and diverse background as a champion

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Steve cotter interview : from martial - swing

(International Kettlebell and Fitness Federation) 1. Steve, when did you first become interested in kettlebell training? Steve Cotter: It was 2002.

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If there ever was a man with a kettlebell plan, it is champion athlete, professional trainer, and author of Kettlebell Training (Human Kinetics, 2013), Mr. Steve Cotter.

Steve cotter and the evolution of all things

How has kettlebell training evolved for you over the years? The IKFF CKT 1 Certification with STEVE COTTER takes place in Glasgow on June 16 and 17.

Steve cotter - wikipedia, the free encyclopedia

Steve Cotter is a martial artist and strength and conditioning instructor. He is the owner of FullKOntact Kettlebells and Full KOntact Fitness.

Kettlebell training - mma underground

MMA UNDERGROUND explores all aspects of optimum physical fitness through kettlebell strength training, full Body conditioning, and MMA

Steve cotter talks about his new kettlebell dvd:

IKFF (International Kettlebell & Fitness Federation) founder, Steve Cotter has been on the cutting edge of physical culture for over 3 decades. Steve is

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The Science of Kettlebells Push-Pull Series is Shihans all-new follow-along workout program developed by Kettlebell training extraordinaire Steve Cotter.

Kettlebell master steve cotter: kettlebell

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"There is no one better suited to write the book on kettlebell training than Steve Cotter. If you are looking to get fit or take your athletic ability to the next

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Ikff | international kettlebell and fitness

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Dec 30, 2014 Kettlebell Training has 18 ratings and 6 reviews. Svetlana said: I read both Pavel s entry books on kettlebells and Steve Cotter s around the same time