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Getting Strong With

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AI Kavadlo AI

Kavadlo was kind enough to chat with me and share a wealth of knowledge around calisthenics, building strength, healthy ...

Get Strong: New book from AI & Danny Kavadlo Get Strong (the book):
<http://amzn.to/2uqxfjq>
[**GET YOUR FREE BEGINNER'S GUIDE**] ...

"What is the easiest
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way to get stronger overall?" The answer is easy to grasp. Attending a **StrongFirst** Certification or Course gives you the opportunity to **have** your questions ...

Ask AI - GET STRONG edition: Facing the Wall Handstands, Aussie Pull-ups and more!
Fitness Trainer **AI Kavadlo** answers

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questions about his

new book **GET**

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StrongFirst: SFG

Level I Kettlebell

Technique Testing

Standards

StrongFirst Instructor

candidates must meet

each of these

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when testing during

the SFG (**StrongFirst**

Girya) ...

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Program For

Strength? Programs

discussed in this video:

Convict Conditioning

<http://goo.gl/IyTt3F> The

Get Strong Program

<https://goo.gl/DDi8LX>

Smart ...

Ask AI - What Do

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STRENGTH for more:

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Kettlebell Swing:
Timing the Hinge
This one adjustment to
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your kettlebell swing
makes *all* the
difference for your
back. Hold that lockout
much longer than you
think.

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**Neck Position in the
Kettlebell**

Swing—StrongFirst

Chief SFG Brett Jones
covers

acceptable—and
problematic—neck
position in the
kettlebell swing. Taken
during an SFG
Instructor ...

**Strong First - Body
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Accompanying article
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Get resilient -
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Upcoming ...

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