What is Sculpt?

Pre Sales · https://thesixpackrevolution.com/docs/what-is-sculpt/

Sculpt is designed to help you lean out and refine your physique, with targeted training that supports confidence and control.

Kettlebells make the perfect at home fitness equipment, ideal for a full body workout by challenging your muscular and cardio system, increasing your strength, endurance, agility, stamina, and balance while burning fat.

Every workout can be done indoors, so you can get to work even if it’s raining hard outside, and on a nice day you can rock the bells alfresco!

You’ll need: A set of kettlebells in a range of weights