



Kettlebell Workouts



# 19 KETTLEBELL EXERCISES

for Women

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# Kettlebell Workouts For Women Kettlebell Training And Exercise Book

**Zoe Hall**



## **Kettlebell Workouts For Women Kettlebell Training And Exercise Book:**

Kettlebell Workouts For Women Charles Maldonado, 2014-12-13 Are you looking for excellent comprehensive workout with limited equipment that will get you results A Kettlebell workout may be the right tool for you to get into shape and keep you in shape Training with kettlebells can result in very impressive results and lead to improved balance strength power and aerobic abilities

**300 Full Body Kettlebell Workouts Book for Men and Women** Vasquez, Be Bull Publishing, 2024-08 Unlock your fitness potential with the 300 kettlebell workouts This comprehensive guide is the definitive kettlebell training book you've searched for This kettlebell workout book offers an unparalleled range of exercises that combine the dynamic power of kettlebells with the versatility of bodyweight movements creating a balanced and effective workout regimen This kettlebell book is your perfect companion With 300 kettlebell workouts you'll have endless options to challenge yourself and achieve your fitness goals Each exercise is designed to build strength burn fat and enhance overall fitness

**Key Features of this Kettlebell and Bodyweight Exercise Book**

- Diverse Workout Options** Choose from 150 kettlebell workouts and 150 workouts combining kettlebell and bodyweight exercises This variety ensures a full body workout that targets all major muscle groups for a balanced fitness routine
- Timed Based and Rep Based Workouts** Enjoy a mix of timed based and rep based workouts to keep your training dynamic and effective
- Step by Step Instructions** Each exercise comes with detailed guides and clear images making this an excellent kettlebell exercise book for perfect form and technique
- Muscle Targeting Information** Understanding which muscles you're working with each exercise can help you focus on your fitness goals and achieve better results

**BONUS 1** Extra 1 000 Workouts stay motivated and avoid workout boredom with endless variety

**BONUS 2** Logging sheets to record your workouts

**Why Choose This Book**

- Convenience** You don't need a gym membership or extensive equipment A kettlebell and your body weight are all you need to perform these effective workouts
- Efficiency** Focus on exercises that deliver results without wasting time ensuring a productive workout session
- Motivation** Keep your workouts exciting and varied with various exercises to prevent boredom and enhance motivation
- Results** Build strength lose fat and improve your overall fitness with a proven combination of kettlebell and bodyweight workouts

With clear instructions and step by step guidance you will feel empowered to push your limits and reach new heights in your fitness journey

**What Sets This Book Apart**

- Visual and Interactive Learning** Step by step guides and images make learning and executing exercises straightforward and engaging
- Comprehensive Approach** The blend of kettlebell and bodyweight exercises provides a well rounded fitness regimen promoting balanced muscle development and overall fitness

Don't miss this chance to elevate your fitness routine Click the **BUY NOW** button and start your journey to a stronger fitter you today with this essential kettlebell book workouts edition

**Kettlebells for Women** Zoe Hall, 2020-06-19 Want to burn as many calories per minute as running a 6 minute mile would without actually running Are you tired of feeling weak and ashamed of the extra pounds you've put on wanting desperately to lose weight and finally feel confident in your bare skin Are you looking for a way to melt fat

fast one that won't require hours upon hours of training or end up being tough on your joints. Have you tried weight training as a way to lose weight in the past yet felt completely lost in the jungle of strange looking equipment and didn't know what to do with your body? If you answered yes to any of the above questions then the kettlebell may just become your new best friend. For rapid weight loss kettlebell workouts are one of the most effective ways to get that toned sexy body you've always wanted. According to Livestrong several studies have been conducted revealing how subjects burned an average of 20 calories per minute during kettlebell workouts. That's the same number of calories burned per minute as running a 6 minute mile. Knowing that along with the fact that kettlebell exercises can be done by anyone of any fitness level who wouldn't rush straight to Amazon order a kettlebell or two and get started right away. Don't jump in just yet though. You'll need proper guidance to help you through the process to avoid injuries and set you on the right track towards success. In *Kettlebells for Women* you will discover why training with nothing but kettlebells is the secret you've been searching for to experience permanent fat loss without spending countless hours in the gym. Exactly how to begin your kettlebell weight loss journey even if you've never touched a kettlebell or tried strength training before. 9 fully mapped out kettlebell workout routines for toning your entire body ranging from beginner to advanced level. Step by step guidance on how to perform each exercise allowing you to perfect your form and accelerate fat burn for quick results. The surprising benefits that using kettlebell exercises offers for weight loss allowing your dream of finally achieving that lean trimmed body you've always wanted to become reality. A compilation of the best warm up and cool down exercises to complement your kettlebell training reducing the risk of injuries and boosting your performance. Bonus: How to design your own foolproof kettlebell routine according to your fitness goals and athletic abilities. And much more. It doesn't matter if you live in an apartment, a house or a dorm room kettlebell workouts are something you can do anywhere even if you don't have much space to work with. With very little equipment it'll be the easiest and most effective at home gym set up you can get at minimal expense. If you're a busy bee like many of us are these days you can still conveniently squeeze in a workout that packs a punch in just 30 minutes or less. No matter how full your schedule is anyone can set aside half an hour if it means the difference between having a muffin top or looking toned and sexy. Say goodbye to intimidating gym sessions and say hello to your stubborn fat's worst nightmare. If you want to discover how to achieve the body of your dreams without spending a lifetime in the gym then scroll up and click the Add to Cart button right now.

*Kettlebells For Women* Zoe Hall, 2023-04-10. Want to burn as many calories per minute as running a 6 minute mile would without actually running? Are you tired of feeling weak and ashamed of the extra pounds you've put on wanting desperately to lose weight and finally feel confident in your bare skin? Are you looking for a way to melt fat fast one that won't require hours upon hours of training or end up being tough on your joints? Have you tried weight training as a way to lose weight in the past yet felt completely lost in the jungle of strange looking equipment and didn't know what to do with your body? If you answered yes to any of the above questions then the kettlebell may just become your new best friend.

For rapid weight loss kettlebell workouts are one of the most effective ways to get that toned sexy body you've always wanted. According to Livestrong, several studies have been conducted revealing how subjects burned an average of 20 calories per minute during kettlebell workouts. That's the same number of calories burned per minute as running a 6-minute mile. Knowing that along with the fact that kettlebell exercises can be done by anyone of any fitness level, who wouldn't rush straight to Amazon, order a kettlebell or two, and get started right away? Don't jump in just yet though. You'll need proper guidance to help you through the process to avoid injuries and set you on the right track towards success. In *Kettlebells for Women*, you will discover why training with nothing but kettlebells is the secret you've been searching for to experience permanent fat loss without spending countless hours in the gym. Exactly how to begin your kettlebell weight loss journey even if you've never touched a kettlebell or tried strength training before. 9 fully mapped-out kettlebell workout routines for toning your entire body ranging from beginner to advanced level. Step-by-step guidance on how to perform each exercise allowing you to perfect your form and accelerate fat burn for quick results. The surprising benefits that using kettlebell exercises offers for weight loss, allowing your dream of finally achieving that lean, trimmed body you've always wanted to become reality. A compilation of the best warm-up and cool-down exercises to complement your kettlebell training, reducing the risk of injuries and boosting your performance. Bonus: How to design your own foolproof kettlebell routine according to your fitness goals and athletic abilities. And much more. It doesn't matter if you live in an apartment, a house, or a dorm room; kettlebell workouts are something you can do anywhere, even if you don't have much space to work with. With very little equipment, it'll be the easiest and most effective at-home gym set-up you can get at minimal expense. If you're a busy bee like many of us are these days, you can still conveniently squeeze in a workout that packs a punch in just 30 minutes or less. No matter how full your schedule is, anyone can set aside half an hour if it means the difference between having a muffin top or looking toned and sexy. Say goodbye to intimidating gym sessions and say hello to your stubborn fat's worst nightmare.

Kettlebells for Women Lauren Brooks, 2012-03-13. GET A STRONG SEXY SCULPTED KETTLEBELL BODY. Whether you're looking to get in better shape, spice up your exercise regimen, or challenge yourself with the ultimate high-intensity workout, kettlebells are the perfect tool to take you to the next level. With over 300 step-by-step photos, *Kettlebells for Women* presents a solid 12-week program packed with exercises that produce unmatched results for burning fat and increasing lean muscle mass, enhancing balance, coordination, and flexibility, increasing and developing rock-hard core stability, improving sports performance, shaping legs, back, and shoulders, firming and lifting glutes. *Kettlebells for Women* teaches the proper way to do primary lifts as well as variations so you can use kettlebells safely and effectively to transform your current workout into a fun, dynamic program for sculpting and strengthening your entire body. *The Ultimate Kettlebell Workbook* Dave Randolph, 2011. Kettlebells are the perfect tool to get the body you want with less time in the gym. With over 300 step-by-step photos, this book illustrates kettlebell exercises that can produce results for burning fat and building muscle, enhancing

balance and coordination increasing hand and foot speed improving sports performance and boosting endurance and core strength The workbook teaches the proper way to do primary lifts as well as variations so you can use kettlebells safely and effectively to transform a workout into a dynamic program Back cover Kettlebell Training John Powers, 2017-03-03 Are you tired of paying way too much for a gym membership without getting results Discover a simple low cost alternative to help you lose weight build muscle and hit all of your fitness goals Are you tired of the same old machines at the gym you've used over and over again Has your boredom led to fewer trips to the gym or even a cancellation John Powers is a personal trainer with years of experience in high intensity training calisthenics and kettlebells Now using one simple piece of equipment Powers will show you how to transform your arms legs and abs in just minutes a day Kettlebell Training The Ultimate Kettlebell Workout to Lose Weight and Get Ripped in 30 Days contains step by step instructions and detailed illustrations for every body toning kettlebell workout Powers teaches you the most effective kettlebell exercises to get into shape lose weight or become absolutely ripped Fully illustrated with the top 30 exercises spelled out in easy to understand language you'll learn how to ditch the gym and take your fitness to the next level In Kettlebell Training you'll discover The correct weight size and number of kettlebells to use for any purpose The top 30 kettlebell exercises each fully illustrated to get you into shape fast The most effective kettlebell workouts for your abdomen to finally get that six pack How to automatically trigger muscle confusion to promote varied muscle development The best diet plans for weight loss and optimum fat burning and much much more Kettlebell Training is your complete guide to a full workout program using just one low cost tool If you like step by step instructions easy to follow systems and saving money then you'll love Powers new standard for exercise books Buy your copy of Kettlebell Training today to discover the ultimate fitness transformation Don't forget to claim a FREE Kindle version with your purchase of Paperback copy **Body Sculpting with Kettlebells for Women** Lorna

Kleidman, 2012-06-26 Save time on your workouts and look better than ever with expert nutritional advice and kettlebell exercises designed for women of all fitness levels This comprehensive guide to this unique and wildly popular fitness tool is the first just for women and provides easy to follow instructions clear photographs and extensive information on the kettlebell No gym required with a small investment in the kettlebells equipment these sculpting toning and cardio fitness workouts are great for both beginners and advanced exercisers Lorna Kleidman the U S A's first International Master of Kettlebell Sport will teach you The differences between dumbbells and kettlebells How the kettlebell's shape enables endless variety of movement patterns Sport specific exercises to enhance performance Where to buy kettlebells and which kettlebells are best for your fitness level Basic nutritional guidelines for a more effective workout Kettlebell workouts are more effective than traditional dumbbell routines plus they yield better results in less time The kettlebell's center of mass extends beyond the hand and more muscle groups are utilized in the swinging and movement of a kettlebell than during the lifting of dumbbells The momentum generated by the kettlebell also reduces stress on the joints and minimizes the chance for injury

Kettlebell Workouts and Challenges V1.0 Taco Fleur, 2018-03-16 This book is targeted to at home kettlebell enthusiasts MMA and BJJ fighters and crossfitters that use their open box time for kettlebell WODs This book is even for budding trainers that want to know more about the Caveman training programs and learn the basics on how to run them programs on how to run them 40 serious kettlebell workouts 4 kettlebell challenges many are paired with very detailed videos Beginners to advanced workouts How to score AMRAP workouts Finer details on many of the exercises Quality emphasis on warming up and mobility Full details of the popular Thorax Workout included in this book Additional ideas on how to make your WODs even more popular and exciting Additional little tips and information for personal trainers Each workout is 100% kettlebells mixed with bodyweight or mixed with other equipment Some workouts will have alternatives or progressions alternatives or progressions These are not shoddy quick workouts put together for a book I've performed each and every workout listed in this book and so have hundreds of others Taco Fleur This book is called Kettlebell Workouts and Challenges 1 0 obviously this book is then about the workouts and challenges hence I will be linking to a lot of external information rather than turning this into a book about kettlebell exercises and or technique I already have several books on those This is not to say that this book does not contain technique or exercise information but it is kept to a minimum illustrated with many photos while linking to more online info The title is prefixed with 1 0 as we will be putting out plenty of more books with new workouts BONUS 1 Information for trainers on how to run your own Caveman Circuit and Boot Camp 2 Downloadable workout PDF that can be downloaded printed and taken to the gym 3 Downloadable kettlebell grip PDF that will improve your kettlebell training instantly 4 Downloadable PDF that will improve your racking for resting and endurance 5 Free kettlebell workouts mobile app for the Android Kettlebell: The Ultimate Kettlebell Workout to Lose Weight (The Exercise Guide for Women to Build Strength, Lean Muscle, and Self Confidence to Overcome Limiting Beliefs) David Gonzales, 101-01-01 You may have heard this already but kettlebells have a strong reputation for being simply the best and most efficient fat burning tool but the peculiar thing is that kettlebell workouts were never intended to be just for fat loss for a long time kettlebell workouts were regarded as a formidable conditioning and training tool by athletes and special forces units Just like them you can achieve the amazing results possible by kettlebell workouts all the information is provided to you in this book You'll discover The correct weight size and number of kettlebells to use for any purpose The top 30 kettlebell exercises each fully illustrated to get you into shape fast The most effective kettlebell workouts for your abdomen to finally get that six pack How to automatically trigger muscle confusion to promote varied muscle development The best diet plans for weight loss and optimum fat burning and much much more This book will enable you to build lean muscle burn calories and gain a newfound sense of strength and confidence regardless of your degree of exercise expertise Discover the special advantages of kettlebell training for body transformation muscular growth and fat removal Learn the fundamentals Detailed instructions that walk you through the key kettlebell movements guaranteeing proper form and optimizing results *The*

*Ultimate Kettlebells Workbook* Dave Randolph,2011-05-20 Take your workout to the next level with kettlebells with this how to guide for all skill levels Whether you re looking to get in better shape enhance your strength training or challenge yourself with the ultimate high intensity workout kettlebells are the perfect tool to get the body you want with less time in the gym With over 300 step by step photos this book illustrates kettlebell exercises that produce unmatched results for burning fat and building muscle enhancing balance and coordination increasing hand and foot speed improving sports performance boosting endurance and core strength The Ultimate Kettlebell Workbook teaches the proper way to do primary lifts as well as variations so you can use kettlebells safely and effectively to transform your current workout into a dynamic program for developing strength and power

**Kettlebell Training** Steve Cotter,2013-10-11 Kettlebells have been around for centuries but it s only in recent years that the all in one handheld gym has taken the fitness world by storm In 2011 alone nearly 47 million Americans used some form of hand weights and the popularity of kettlebells continues to rise thanks to the way they help improve strength endurance coordination and balance Few people are more knowledgeable about the benefits of kettlebell use than Steve Cotter A leading kettlebell expert martial artist and certified strength and conditioning specialist Cotter has trained professional football teams Navy SEALs and the United States Marine Corps After providing instruction on kettlebell training to fitness strength and conditioning professionals in more than 40 countries he shares his expertise in this authoritative resource featuring over XX exercises Offering extensive coverage on getting started with kettlebells including setting goals assessing fitness and using safe technique this easy to use instantly accessible guide features step by step instructions for each exercise along with photo sequences depicting key movements Kettlebell Training also boasts detailed information on strengthening and toning muscles in specific body regions creating customized programs for general conditioning and training for specific sports such as football soccer tennis golf and mixed martial arts Considered among the ultimate training tools for fat loss kettlebells deliver an effective inexpensive and fun workout Kettlebell Training is the no nonsense guide that athletes fitness enthusiasts and strength and conditioning specialists have been waiting for

Kettlebell PROFESSOR OF RELIGIOUS STUDIES JOHN. POWERS,John Powers,2017-04-10 Are you tired of paying way too much for a gym membership without getting results Discover a simple low cost alternative to help you lose weight build muscle and hit all of your fitness goals Are you tired of the same old machines at the gym you ve used over and over again Has your boredom led to fewer trips to the gym or even a cancellation John Powers is a personal trainer with years of experience in high intensity training calisthenics and kettlebells Now using one simple piece of equipment Powers will show you how to transform your arms legs and abs in just minutes a day Kettlebell Training The Ultimate Kettlebell Workout to Lose Weight and Get Ripped in 30 Days contains step by step instructions and detailed illustrations for every body toning kettlebell workout Powers teaches you the most effective kettlebell exercises to get into shape lose weight or become absolutely ripped Fully illustrated with the top 30 exercises spelled out in easy to understand language you ll learn how to



ditch the gym and take your fitness to the next level In Kettlebell Training you ll discover The correct weight size and number of kettlebells to use for any purpose The top 30 kettlebell exercises each fully illustrated to get you into shape fast The most effective kettlebell workouts for your abdomen to finally get that six pack How to automatically trigger muscle confusion to promote varied muscle development The best diet plans for weight loss and optimum fat burning and much much more Kettlebell Training is your complete guide to a full workout program using just one low cost tool If you like step by step instructions easy to follow systems and saving money then you ll love Powers new standard for exercise books Buy your copy of Kettlebell Training today to discover the ultimate fitness transformation      **Kettlebell Workouts and Challenges 2.0**

Taco Fleur,2019-04-12 KETTLEBELL WORKOUTS that have a story Workouts that motivate Workouts that can be adjusted In this book I provide an adventure a story motivation education the best workouts all combined I include photos of my own adventures to give you the sense to want to explore to make you feel like you were there All photos are real there is no photoshop or tricks if you see me on a 3 500 meter high mountain with a kettlebell I lugged it there if you see me under a waterfall with a kettlebell I climbed down and in the process might have unintentionally hurt a kettlebell or two This book is targeted to at home kettlebell enthusiasts MMA and BJJ fighters and crossfitters that use their open box time for kettlebell WODs This book is even for budding trainers who want to know more about the Cavemantraining programs and learn the basics on how to run them 40 serious kettlebell workouts and several kettlebell challenges many paired with very detailed videos Beginners to advanced workouts How to score AMRAP workouts Finer details on many of the exercises Quality emphasis on warming up and mobility Full details of the popular Thorax Workout included in this book Additional ideas on how to make your WODs even more popular and exciting Additional little tips and information for personal trainers Kettlebell workouts both for men and women Each workout is either 100% kettlebells combined with bodyweight or other equipment Most workouts will have alternatives and progressions I will list the weight to use the number of kettlebells whether it s cardio HIIT interval strength mobility endurance etc This book has it all with over 400 pages 40 workouts 70 video links discounts for kettlebells courses and other kettlebell resources and much more These are not shoddy quick kettlebell workouts put together for a book I ve performed each and every workout listed in this book and so have hundreds of others Taco Fleur      Kettlebell: A Simple Guide to Learn Kettlebell Exercises (The Ultimate Kettlebell Workouts for a Shredded Body)

Bobbie Wright,2022-01-13 The great thing about the kettlebell is that it allows you to perform resistance cardio This means you are using cardiovascular training that increases your heartrate and helps you to burn fat At the same time though you are also lifting weight which protects your muscle from breakdown and increases the challenge thereby increasing the amount of calories burned and the amount of effort involved What you will learn in this guide The benefits of kettlebells How to purchase the right kettlebell How to make your own kettlebell cheaply The top kettlebell exercises that give you the best results Learn the best workouts that provide high intensity that will make you a kettlebell machine Enter kettlebell training

In this book you ll learn how it can help you get ripped and shredded and more importantly how to start with the right set of kettlebells i e the right quality and weight By the end of this short book you ll be in a great position to start going for that ripped and shredded body you ve always dreamed of using kettlebells You have a great tool in your hands now It s up to you if you ll use it to the hilt

**Kettlebell: The Ultimate Kettlebell Workouts for a Shredded Body (The Exercise Guide for Women to Build Strength, Lean Muscle, and Self Confidence to Overcome Limiting Beliefs)** Larry

Jellison,101-01-01 You may have heard this already but kettlebells have a strong reputation for being simply the best and most efficient fat burning tool but the peculiar thing is that kettlebell workouts were never intended to be just for fat loss for a long time kettlebell workouts were regarded as a formidable conditioning and training tool by athletes and special forces units Just like them you can achieve the amazing results possible by kettlebell workouts all the information is provided to you in this book Here is a preview of what you ll learn What is kettlebell training and why is it good for you How heavy should you lift Amazing upper body excercises Amazing lower body excercises The ultimate combo exercises And much much more Learn the history and science behind kettlebell training explore over 40 dynamic exercises and discover how to design personalized workouts tailored to your fitness goals Whether you re looking to lose weight build strength or improve your all around athletic performance this book offers three complete programs including hiit strength and hybrid training plans that make results achievable for any experience level Plus uncover why kettlebells aren t just a workout for your body they re a tool for sharpening your mind improving mobility and reclaiming your natural movement *From Russia with Tough Love* Pavel Tsatsouline,2002 In Russia kettlebells have long been revered as the fitness tool of choice for Olympic athletes elite special forces and martial artists The kettlebell s ballistic movement challenges the body to achieve an unparalleled level of physical conditioning and overall strength But until now the astonishing benefits of the Russian kettlebell have been unavailable to all but a few women Kettlebells have mostly been the sacred preserve of the male professional athlete the military and other hardcore types That s about to change as Russian fitness expert and best selling author Pavel delivers the first ever kettlebell program for women It s wild but women really can have it all when they access the magical power of Russian kettlebells Pavel s uncompromising workouts give across the board simultaneous spectacular and immediate results for all aspects of physical fitness strength speed endurance fat burning you name it Kettlebells deliver any and everything a woman could want if she wants to be in the best shape ever of her life And one handy super simple tool finally available in woman friendly sizes does it all No bulky expensive machines No complicated gizmos No time devouring trips to the gym

**Kettlebells For Dummies** Sarah Lurie,2010-05-27 The way to a full body workout with amazing results by mastering kettlebells Have you heard the buzz about the all in one strength and cardio workout that works every muscle in the body at once There s a reason why professional athletes and A list celebrities are joining the Kettlebells revolution and now you can too With numerous step by step photos throughout Kettlebells For Dummies gives you everything you need to use kettlebells

to safely improve strength endurance flexibility joint durability agility mobility athletic movement and proper body alignment Whether you re in your teens 20s 30s 40s 60s and beyond you ll discover how this fast growing fitness phenomenon can boost your metabolism and help you lose weight by mastering numerous kettlebell exercises One of the most effective workouts for burning fat building lean muscle and achieving core strength One hour workout can burn as much as 1 000 calories Named one of the most popular fitness trends in 2009 Whether you re a self proclaimed gym rat or have never lifted a weight Kettlebells For Dummies shows you that it s easy to use kettlebells to achieve a full body workout that yields amazing results     *Kettlebells for 50+* Karl Knopf,2012-04-17 Stay young improve stamina build strength and exercise your core with this how to guide to mastering exercising with kettlebells Designed to meet the unique needs of active adults Kettlebells for 50 presents functional exercises carefully adapted and tested to provide a comprehensive total body workout Step by step photos and explanatory captions make it easy for anyone from fitness novice to longtime athlete to train smart and stay fit for life Kettlebells for 50 offers progressive programs that will Improve strength Foster core stability Increase hand eye coordination Boost mind body awareness Enhance sports performance     *Kettlebell Shred* Emily James,AI,2025-03-14 Kettlebell Shred is a comprehensive guide designed to transform your fitness through strategic kettlebell training It moves beyond simple routines empowering you to understand the why behind each movement for personalized progress The book highlights the kettlebell s unique ability to engage multiple muscle groups simultaneously improving cardiovascular health functional strength and physique Did you know that the kettlebell stretches back centuries from Russian markets to a global fitness tool Or that kettlebell movements enhance functional strength used in rehabilitation and athletic performance The book progresses from kettlebell basics covering proper form and safety to mastering key exercises like the swing snatch and Turkish get up It then offers workout routines tailored for fat loss strength building and endurance What sets Kettlebell Shred apart is its focus on biomechanics explaining the physics behind efficient movement and grounding its approach in exercise science and practical experience ensuring continuous challenge and adaptation for long term fitness success

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