



KBC

Body-Solid Tools - Premium Kettlebells



KBC Premium Kettlebells

Body-Solid Premium Kettlebells are available in 5 lb. increments from 5lb. to 75 lbs. Purchase a complete set for variety and a steady progression to the intensity of your workouts.

Kettlebells resemble a cannonball with a handle. A legendary Russian exercise device, the kettle bell has long been a favorite for those seeking a special edge in strength and endurance. Kettlebell training develops strength, power, endurance and balance. Kettlebell workouts have long been a favorite of throwers, jumpers, sprinters and hurdlers. You can perform squats, pulls, overhead throws and rotational training plus much more.



Special Features

- Easy to read weight reference
- Chrome handles easily slide in your hands
- Durable rubber coating
- Handles on heavier kettlebells are large enough for two hands