



KB[SIZE]

Body-Solid - Kettlebells



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Kettlebell workouts produce particularly impressive gains in the legs, hips and shoulders. There are more muscles involved in balance and leverage with the kettlebell; you work every muscle just keeping them up and moving them around you. By training with Body-Solid kettlebells, you'll achieve strength, endurance and body shaping as you build core strength with every successive workout.

Body-Solid Kettlebells come in a range of weights to help you build strength, increase endurance and improve agility incrementally as you become accustomed to using them for squats, throws, cleans and jerks, snatches, rotational swings and much more.

Special Features

- Cast iron with a tough black enamel finish
- Steel reinforced handles for durability
- Handles on heavier kettlebells are large enough to accommodate both hands

Weight Item

5.....	KB5
10.....	KB10
15.....	KB15
20.....	KB20
25.....	KB25
30.....	KB30
35.....	KB35
40.....	KB40
45.....	KB45
50.....	KB50
55.....	KB55
60.....	KB60
65.....	KB65
70.....	KB70
75.....	KB75