



GymBox Smashbells unfilled



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A kettlebell that does not damage the floor, has a comfortable grip and rests comfortably in contact with the body. This is what the innovative fabric kettlebell from Variosport has to offer.

CHF 49.00

Another advantage is the versatility of the Smashbell. Besides the usual kettlebell exercises, many other new functional exercises are possible. The especially durable Cordurareg: material is strongly stitched and thus guarantees a long durability, even with extreme use.

The Smashbells are shipped unfilled and can be filled up with commercial sand to the respective weight.

Colour: black/red
Price per piece

Version:

4kg CHF 49.--
6kg CHF 56.--

The **kettlebell** is an extremely effective training tool and currently a big fitness trend. But kettlebell and fabric - do they go together? Inventor Olaf Peters thinks so and presented his product for the first time at Fibo 2014. The advantages of the kettlebell made of fabric that can be filled with sand are, in addition to the significantly higher functionality, protection against injuries and protection of the floor. This is also how the idea for the product came about. Usually there are parquet or laminate floors in most households, so also with the inventor. These floors are basically very suitable for training but if you are not careful, you quickly make scratches or even dents in the beautiful floor. Not so with the kettlebell from Gymbox.

Also in terms of noise inhibition, the new Smashbell quickly makes itself popular with the neighbors. The Gymbox Smashbell can easily be dropped without damaging anything. The high-strength nylon material



(Cordurareg:) withstands even extreme training loads.

All well and good, but how effective is the training? The mixture makes it. The Smashbell is a hybrid of a kettlebell and a medicine ball. Exercises can be taken from both exercise portfolios, allowing for an almost infinite exercise selection. "Combining the products talked about here makes a lot of sense," Peters says. Both exercises can be classified as functional training. The medicine ball just unfortunately can't be swung because it doesn't have a handle. The usual steel kettlebell can't be thrown or used for floor exercises, due to too high a risk of injury. Peters goes beyond just the hardware, however: "We put the fun in training at the forefront of our training selection. Fun is the only way to effectively achieve goals." So the provider also provides a range of exercises and workout plans to perform an effective functional workout.