



Jordan Kettlebells rubberized with chrome handle 4-24kg with stand



Exclusive rubber covered premium kettlebells with chrome handle from Jordan. Set offer with one piece each premium kettlebell from 4-24kg (in 2kg increments, total 10 kettlebells) and stand.

CHF 1'149.00

Application:

The goal of training with kettlebells is primarily to build functional strength, explosive power and stability and to strengthen the cardiovascular system as well as tendons and ligaments.

The exercises have a particularly beneficial effect on core strength in the lower back and hips. For these reasons, kettlebells are especially popular with strength and martial artists who rely heavily on functional strength, explosive power and strength endurance.

Benefits cited include not only increasing functional strength, but also gaining all-around fitness, stamina, flexibility, coordination and body control. In the USA in particular, kettlebell training is also advertised with the promise of rapid fat loss.

Typical exercises with the kettlebell are:

Swinging the kettlebell between the legs with one or both arms,
snatching,
clean
and jerking.

With a kettlebell you train at the same time:

- Strength endurance



- Cardiovascular endurance
- Agility
- Speed
- Coordination

Note:

Training with kettlebells is not without danger. Especially during the dynamic exercises, extremely high forces occur due to the use of centrifugal force (swinging of the kettlebell). The risk of injury is high. Proper breathing and correct learning of the training technique are prerequisites.

The set includes:

One piece each of rubber over-bent premium kettlebell 4, 6, 8, 10, 12, 14, 16, 18, 20, 24kg with stand stand available in gray or black