



Jordan Competition Kettlebells 8-40kg (JLCKB2)



Premium competition kettlebells from Jordan - all kettlebells are the same size and therefore have the same grip size to meet the competition specifications (price from 8kg kettlebell)

CHF 53.00

Competition kettlebells from Jordan:

- made of steel with hollow interior
- all kettlebells have the same size and handle to meet competition specifications
- soft, comfortable grip
- large flat bottom for floor oriented exercises
- handle diameter 35mm
- colored kettlebells for easy weight differentiation

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,



- the snatch,
- the clean, and the push.
- and the jerk.

With a kettlebell you train at the same time:

- Strength endurance
- Cardiovascular endurance
- Mobility
- 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 the kettlebell). The risk of injury is high. Correct breathing and learning the training technique correctly are prerequisites.

Price per piece

Versions:

8kg, pink CHF 53.--
12kg, blue CHF 69.--
16kg, yellow CHF 89.--
20kg, purple CHF 107.--
24kg, green CHF 135.--
28kg, orange CHF 169.--
32kg, red CHF 179.--
36kg, gray CHF 199.--
40kg, white CHF 229.--