



Jordan Kettlebells rubberized with chrome handle 4-24kg (JTKBRC3)



Exclusive premium kettlebells with rubber coating and chrome-plated handle from Jordan (price from 4kg kettlebell)

CHF 27.00

Rubberized kettlebell with chrome-plated handle 4-24kg.

Use:

The main aim of training with kettlebells is to develop functional strength, explosive power and stability and to strengthen the cardiovascular system as well as tendons and ligaments.

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

The benefits cited are not only an increase in functional strength, but also the acquisition of fitness, endurance, flexibility, coordination and body control. In the USA in particular, training with kettlebells is also advertised with the promise of rapid fat loss.

Typical exercises with the kettlebell are :

- swinging the kettlebell between the legs, either with one or both arms,
- the snatch,
- the clean and jerk
- and jerking.

With a kettlebell you simultaneously train :



- Strength endurance
- cardiovascular endurance
- agility
- speed
- coordination

Note:

Training with kettlebells is not without danger. The use of centrifugal force (swinging the kettlebell) creates extremely high forces, especially during dynamic exercises. The risk of injury is high. Correct breathing and learning the correct training technique are essential.

Price per piece

Versions:

4kg CHF 27.--
6kg CHF 39.--
8kg CHF 54.--
10kg CHF 67.--
12kg CHF 79.--
14kg CHF 94.--
16kg CHF 108.--
18kg CHF 119.--
20kg CHF 134.--
24kg CHF 159.--