



Body Solid Kettlebell cast 4-48kg (KBP)



The powder-coated kettlebells from Body Solid are a must in any strength and conditioning facility. Solid cast iron, forged from one piece so there are no sweat marks or weak points. Thanks to the color-coded rings on the handles, the kettlebells are easy to identify and can be quickly removed from storage to be ready for training.

CHF 19.00

- color-coded rings on the handles for easy identification
- machined, wide, flat base prevents wobbling and provides a solid foundation for floor work
- matt powder coating for the ideal micro-textured feel and grip - no ugly cracks or chipping
- available weights: 4/6/8/10/12/16/20/24/28/32/36/40/48 kg
- Price per piece

Application:

The main aim of training with kettlebells is 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 hip area. For these reasons, kettlebells are particularly popular with strength and martial arts athletes who rely heavily on functional strength, explosive power and strength endurance.

The benefits cited are not only the increase in functional strength, but also the attainment of a high level of all-round 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



You train simultaneously with a kettlebell:

- 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.

Versions:

4kg CHF 19.--
6kg CHF 28.--
8kg CHF 37.--
10kg CHF 45.--
12kg CHF 55.--
16kg CHF 72.--
20kg CHF 89.--
24kg CHF 109.--
28kg CHF 129.--
32kg CHF 139.--
36kg CHF 159.--
40kg CHF 179.--
48kg CHF 219.--