

18KG ADJUSTABLE KETTLEBELL

Key Code: 43080366

Safety Information

1. Always ensure that the equipment is in the lock position and check prior to every use.
2. Grip the adjustable kettle bell with the thumb outer side of center.
3. Keep your head in front of the arm when it's fully extended.
4. Add weight to your kettle bell if you can comfortably perform an exercise for 60 seconds without much effort.

Parts list

- Handle frame x1pc
- 2.1KG/4.6LBS weight plate x2pc
- 2.5KG/5.5LBS weight plate x2pc
- 2.7KG/6.0LBS weight plate x2pc

Use Instruction

All 6 weight plates have been designed to be added or removed from the equipment according to your exercise requirements. To adjust the weight level of the kettlebell-pull out the red adjusting knob and rotate it to the UNLOCK position. Rotate the adjusting knob to LOCK position after removing/adding weight plates and push it forward to ensure the adjusting knob is in the locking status position.

Exercises Instruction

The kettlebell workout is all about adjusting the weight according to your bodies needs. Below are some suggested workouts using this equipment.



The Snatch: Begin this movement like you would the high pull. Driving With your hips, swing the adjustable kettlebell out to your Side with your elbow above your shoulder and your hands above your elbow. Then twist your palm to the outside in the meantime.



The Windmill: Begin in the snatch position. Shift your feet, bend at your waist and bring your hand to your toes. Repeat the exercises for 30 seconds, then switch hands for another 30 seconds.



The Wood Chop: start with your feet in a wide position, shift on the balls of your feet and bring the adjustable kettlebell down and across your outer foot. Move the kettlebell up and across your body, extending to the opposite side. Repeat the exercises for 30 seconds & switch hands for another 30 seconds.



The Figure 8 with Hold: Hold the adjustable kettlebell as shown, bring it down through your legs and pass it to the opposite hand. Swing it around and back up to hold. Repeat the exercises to 1 minute.

FOR AU/NZ: IMPORTED FOR KMART STORES IN AUSTRALIA AND NEW ZEALAND.

Made in China