

# PRODUCT SPECIFICATIONS

*Kettlebell 8 Kgs.*

**Code: 28202**

**MRP : 2185.00**

The real value with kettlebells is derived from doing high repetition ballistic work such as: snatches, swings, cleans, and jerks. In addition, to giving your incredible muscular endurance, any excess fat that you have will melt off faster than you can imagine. In addition, kettlebell exercises such as: the Turkish get-up, bent presses, and windmills, will make your midsection hard as a rock.

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