PRODUCT SPECIFICATIONS

Kettlebell 4 Kgs.

Code: 28200

MRP : 1260.00

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.