

Kettle Bell 16KG Training Weight Fitness Gym Kettlebell

RRP: \$119.95

Have a professional workout at home with this commercial gym grade kettle bell. Suitable for both men and women of all ages, this is one of the most effective methods for massive gains in strength, speed and endurance. Also ideal for tone up, fat loss and improving your fitness, training with kettle bells can help you achieve your fitness goals. It's a fun and an easy form of exercise you can do at home. No need to make that trip to the local gym anymore; just train whenever you have the time! Perfect for a total body workout, buy your kettle bell kit today and start training!

Features

- Concrete filled kettle bell
- Oversized handle provides full body motion
- Enhances cardiovascular performance
- Comfortable & easy to use
- Idea for fat loss, building strength, endurance and muscles

Specifications

- Material: PE w/ concrete filling
- Dimensions: 26x31cm
- Weight: 16kg
- Colour: Black

*You will receive 1 16kg kettle bell

