

## DESCRIPTION

The kettlebell with an original and ergonomic design, coated in silicone, is perfect for workouts targeting multiple muscle groups. It provides a comfortable and secure grip; the non-slip surface ensures stability during training, making it particularly suitable for resistance and toning exercises. Ideal for functional training both at home and in the gym.

**EFFECTIVE VERSATILITY:** The kettlebell with an original design allows for a wide range of exercises, enabling targeted training of the chest, shoulders, arms, back, and legs

**ERGONOMIC DESIGN:** Designed with an ergonomic shape and an aesthetically pleasing design, it offers a comfortable and secure grip, reducing hand fatigue and improving stability during exercises

**QUALITY MATERIALS:** Made of iron and coated in silicone, this kettlebell is sturdy and durable, ensuring long-lasting use even with intensive workouts. The silicone surface is very soft to the touch, offering superior comfort during workouts

**NON-SLIP STABILITY:** The non-slip surface ensures a firm grip, preventing slips and ensuring safety during workouts

**COMPLETE WORKOUT:** Regular use of this kettlebell can help improve muscle definition, increase full-body strength and endurance, and enhance core stability. Additionally, thanks to its versatility, it can be used for specific exercises like kettlebell swings, squats, and snatches, improving flexibility, coordination, and mobility



## TECHNICAL SPECIFICATIONS.

Color

Gray

## STRENGTHS