

Jordan Cast Rubber & Chrome Kettlebells

Product Name	Jordan Cast Rubber & Chrome Kettlebells	
Product Codes	Chrome & Rubber KB - 4kg	JTKBRC-04
	Chrome & Rubber KB - 6kg	JTKBRC-06
	Chrome & Rubber KB - 8kg	JTKBRC-08
	Chrome & Rubber KB - 10kg	JTKBRC-10
	Chrome & Rubber KB - 12kg	JTKBRC-12
	Chrome & Rubber KB - 14kg	JTKBRC-14
	Chrome & Rubber KB - 16kg	JTKBRC-16
	Chrome & Rubber KB - 18kg	JTKBRC-18
	Chrome & Rubber KB - 20kg	JTKBRC-20
	Chrome & Rubber KB - 24kg	JTKBRC-24
	10 KBs (1 x each weight) & Rack	JTKB-RC5



Kettlebells have become one of the most popular methods of training, and with benefits such as proven improvements in cardiovascular fitness, metabolic acceleration and increased mobility. Kettlebells look like a shot putt or cannonball with a handle and have been used in training for well over a hundred years. Great for improving whole body strength, cardiovascular fitness, flexibility and for fat loss; Kettlebells can be used in dynamic exercises, like the Swings, or as an alternative to a Dumbbell in various strength exercises, such as the Windmill, Squat or Press. Popular with Personal Trainers, in Group Training and with more unconventional training methods.

Jordan Fitness Product Fact Sheet



Benefits/Use

Jordan Rubber & Chrome Kettlebells can be used:

- To improve Cardiovascular Fitness
- To Improve Strength, Strength-Endurance and Power-Endurance
- To improve Grip and Forearm Strength and Endurance
- For energy expenditure leading to metabolic acceleration and fat loss
- To Improve ability to decelerate loads
- To improve Co-ordination, Proprioception and Core Efficiency
- Indoors or Outdoors
- With Professional Athletes, Armed Forces or Emergency Services Personnel
- To Improve focus under physical stress
- As a Variation from Dumbbells or Barbells

Technical Specifications

- Optimal design of Handle Distance from Bell to ensure comfort and safety.
- Smooth rubber coating - comfortable to use, protects kettlebell and floor.
- Super smooth chrome handle for comfort.
- 1-year Guarantee.
- Available in weights from 4kg up to 24kg.
- Most common weights purchased are 8,12,16,20kg.
- Can be used individually or as a pair.
- Used for Functional Training, Extreme circuits, Unconventional Training, Outdoor and Bootcamp sessions, strength and conditioning for athletes
- Example exercises include Swings, Cleans, Snatches, Turkish Get Up and Windmills.

Related Products

- Jordan Kettlebell Stand
- Jordan Neoprene Covered Kettlebells
- Jordan Cast Iron Kettlebells
- Art of Strength Instructional and Training DVDs

Accessories Include

- Kettlebell Training Promotional Posters
- Kettlebell Training Promotional Banners
- Kettlebell Training Promotional Pull Ups
- Kettlebell Training Exercise Posters
- Kettlebell Training Circuit Cards

Education

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| • Kettlebell Instructor Certification Level 1 | 2 Day CPD Course - 16 REPS Points |
| • Kettlebell Specialist Certification Level 2 | 2 Day CPD Course - 16 REPS Points |
| • Kettlebell Instructor Training | 1 Day CPD Course - 9 REPS Points |
| • Kettlebell Advanced Training | 1 Day CPD Course - 9 REPS Points |
| • Kettlebell Specialist Training | 1 Day CPD Course - 9 REPS Points |