Types of Kettlebells

When you hear the term “kettlebell workouts”, it’s easy to assume they all require the same thing – a kettlebell. However, did you know there’s actually different types of kettlebells available?

Understanding the differences between the different types and their pros and cons is essential when you’re just starting out. So, here we’ll look at the types of kettlebells available and what they are typically used for.

Traditional, cast iron kettlebells

The most common types of kettlebells used are made from cast iron. These are the traditional variations and are what most people are referring to when they talk about their kettlebell workouts.

As well as being made from cast iron, the handles on these models are a little different. They have more of a loop design, making it easy to grip them with either one or two hands. This makes them an especially great choice for beginners.

These types also range in size as well as weight. The lighter kettlebells are much smaller than the heavier ones.

Competition kettlebells

Designed and used by advanced fitness enthusiasts, these types of kettlebells are strictly used in competitions. Unlike cast iron variations, these ones do not vary in size. Regardless of the weight of them, they are always exactly the same size.

Another difference to the cast iron kettlebells is the fact that the handles are a lot squarer and smaller. This is to ensure the hands don’t move as much during the competition.

Another thing to know about competition style kettlebells is that they are purely designed to be held with one hand. This makes them a bad choice for the beginner.

Plastic and vinyl kettlebells

The plastic and vinyl style kettlebells are designed purely with aesthetic design in mind. They come in numerous designs and can seem like a great choice for the beginner. However, in terms of practicality, these kettlebells are much more dangerous to use.

This is because plastic and vinyl becomes slippery when it’s wet. As you carry out the workout, you’ll find your perspiration causes the kettlebells to become difficult to grip. So, many experts advise against using these types of kettlebells; particularly if you’re a beginner.

These are the main three types of kettlebells available. However, if you do a little research you’ll see most sites claim there are just two – cast iron and competition. This is because the plastic ones are considered ineffective and dangerous to use.

Overall, when you’re just getting into kettlebell training, it pays to understand the different types available. Buying the wrong type will have a negative impact on your kettlebell workouts and could increase your risk of injury.