Complementary Blog Post: Types of Kettlebells

Subject: Tips For Buying Kettlebells

[firstname],

Buying your first pair of kettlebells can seem intimating because there are so many options out there. You’ll have to decide about the brand, style, shape and size that you want. You definitely don’t want to get a cheap pair or ones that are designed poorly.

Tips For Buying Kettlebells

1.Think About Your Budget

When you’re first starting out you can buy only one kettlebell, but to get the best workout possible you’ll want several different weights – as well as two of each.

For beginners buying only one is the best way to save money. Only buy more or a different weight when you’re able to do the moves without much effort.

2. Buy Quality

There are several different brands of kettlebells, but some of the best are Dragon Door. They are more expensive than most, so if you need to buy something a little less in price try brands like Ader, Apollo and Life Line.

3. Consider the Material Kettlebells are Made From

There are different types of material that is used when making kettlebells. The most popular are cast-iron, steel, vinyl and plastic.

The best ones to get are going to be cast-iron or steel. With the plastic and vinyl you’ll find that they have major issues like the handle is too narrow and they are not designed properly.

Because of these two issues they aren’t going to work as well as the cast-iron or steel kettlebells. Stick with these types of material so that you’re getting the proper workout.

4. Things To Watch For

When you’re buying a kettlebell make sure you check the handle thickness. You’re going to want it to be thick enough to give your body strength – but you’ve also go to make sure that it is thin enough to hold.

Also check the spacing of the handle from one side to the other. You’ll want to make sure your hand fits comfortably inside.

Do you need more help on the type of kettlebells you should buy? Check out the blog post on the site.

LINK

Getting the right kettlebell is important to your safety and whether you’re going to enjoy this exercise or not. If you buy one that doesn’t fit your hand properly or is cheap you’ll have a bad impression and might not want to continue working out with them. Buy quality and they’ll last.

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