How to Choose the Right Kettlebells

Choosing the right type of kettlebells for your workouts is essential for both safety and effectiveness. There are two main types available, as well as slight variations of each. So, before buying one, there are numerous factors you need to consider.

Here you’ll find out how to choose the right kettlebells for you.

What type should I buy?

There’s two types to choose from, technically three if you count the plastic or vinyl ones, but those aren’t recommended. Plastic ones are much harder to grip and control; especially when they get wet. So, you have two options, competition or cast iron kettlebells.

Competition kettlebells are ideal for advanced users as they are designed to be used with one hand only. They also have much smaller and squarer handles which make them difficult for beginners to use.

Cast iron kettlebells are the ones which most people should start with. They range in both size and weight and are a lot easier to control.

What weight should I choose?

This is one of the most important considerations you need to take into account. It may be tempting to start off with a heavier weight, but unless you’ve used them before it’s highly recommended you start off with the lightest weights.

The key to effective kettlebell training is to build up your strength and intensity gradually. Jumping in with a heavy weight could lead to serious injury. It’s possible to find kettlebells which weigh just 5lbs, but generally speaking most people find starting out on 15lb weights is the right option.

Pay attention to the handles

The handle size makes a huge difference to how easy the kettlebells are to use. Watch out for ones which feature a thick handle size and small or large spacing.

If the handles are overly thick, you’ll find it difficult to control the kettlebell. Therefore, it’s important to make sure you’re choosing one that you can easily wrap your fingers all the way around.

If the handle spacing is large, you’ll find the kettlebell rests quite awkwardly on your forearm and against the chest. If it’s too small on the other hand, you’ll find it will dig into your wrist and cause pretty nasty bruising. This will make it really difficult to do many of the kettlebell exercises.

Pay attention to the finish

If the kettlebell has sharp edges, it’s a sure sign it’s designed to a poor quality. These sharp edges will also cut into your body, making them very uncomfortable to use.

Similarly, watch out for kettlebells that have an overly round body. These again will start to dig into the body over time.

Overall, these are the basics on what to look out for when you’re trying to choose the right kettlebells.