

Kettlebells Size, Shape and Weight

Kettlebells have been around hundreds of years and were originally used as weights to measure how heavy something was, typically grains. Somewhere along the lines some started swinging them around.

Kettlebells are getting popular and you can find them in sporting goods stores and even TJ Maxx. But not all bells are created equally. The most obvious difference is the dimensions of the bell; some are big and some are small. The handle diameters can also be of different thicknesses and of course there's the difference in how much they weigh.

The bells you'll find in the stores are poorly designed for most of the primary kettlebell lifts except for the 2 hand swing, it's like the manufacturers just stuck a handle on something and called it a kettlebell. The trouble is that they are poorly balanced and don't move properly when doing most lifts. A balanced bell with a good handle moves smoothly in your hand and allows for good technique with tearing up your hands or banging you up. Some of that occurs in beginners regardless of the bell design, but the good bells minimize those troubles and make it easier to perfect technique.

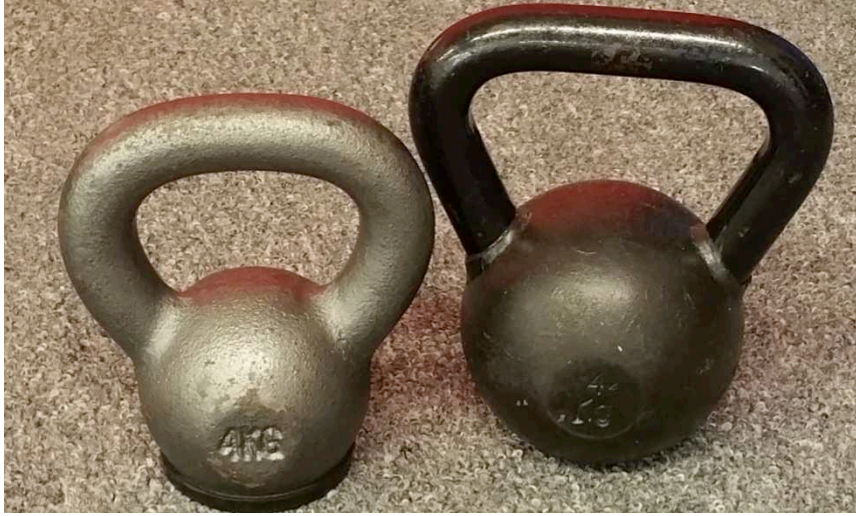
You'll notice at IronBody we have a couple of different styles, some are of different dimensions, some are all the same even though they are different weights. The big colored bells are designed for those who compete in Kettlebell sport. The bells are the same dimension or pretty close because it keeps the mechanics of the lifts the same so all you have to deal with is the weight change. This allows your technique to remain unchanged. These bells are hollow steel poured into a mold.

The other style of bell is solid cast iron. This makes lighter bells smaller than the heavier bells but it means the bell will move differently and lie against the forearm in different spots depending on how big the bell is which doesn't lend itself to good technique.

For most of you it won't really matter which bells you use, but there are a few cases where uses the big bells is better than the dimensionally smaller bells and vice versa. Case in point: If you have limited hip range of motion and you are picking a bell off the floor the bigger bell requires less range of motion. On the other hand if you are doing goblet squats you may find it easier to hold onto the dimensionally smaller bell.

The competition bells are color coded and we put colored tape on the non-comp bells to make weight comparison easy.

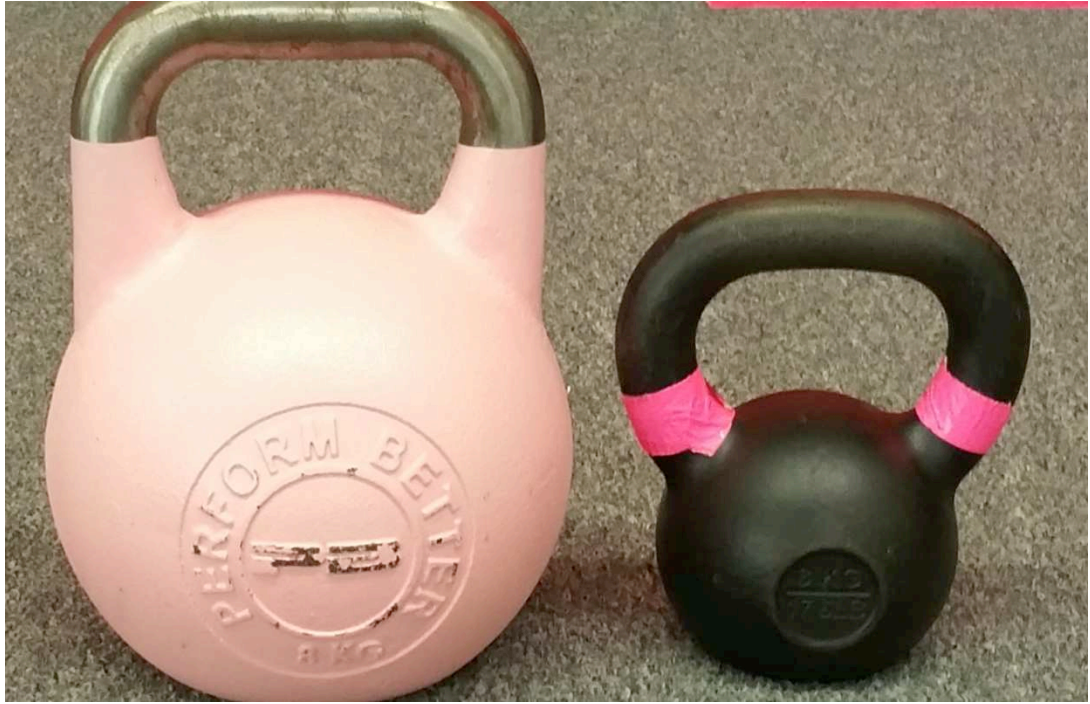
Our bells range in weight from 4k(ilos) (8.8 lbs) all the way up to 48k (106 lbs)



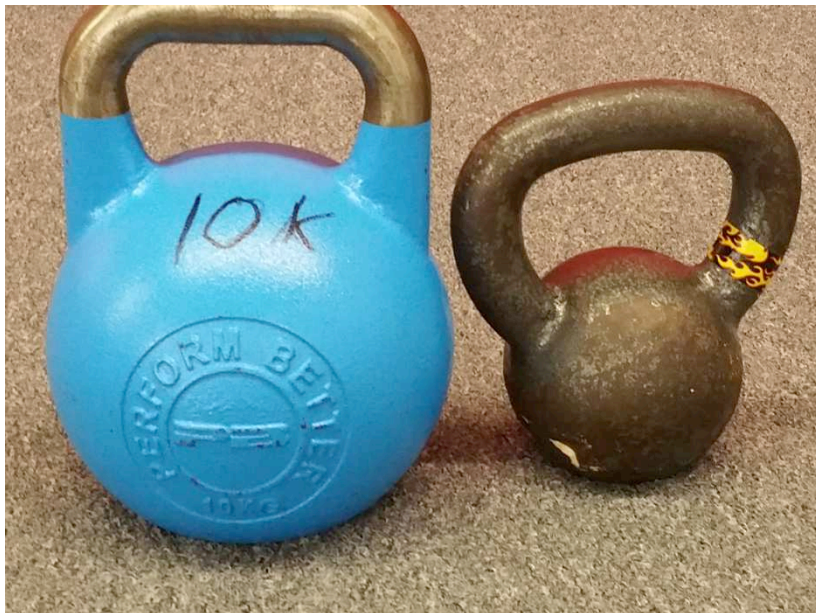
4k 8.8lbs



6k 13.2lbs



8k, 17.6lbs



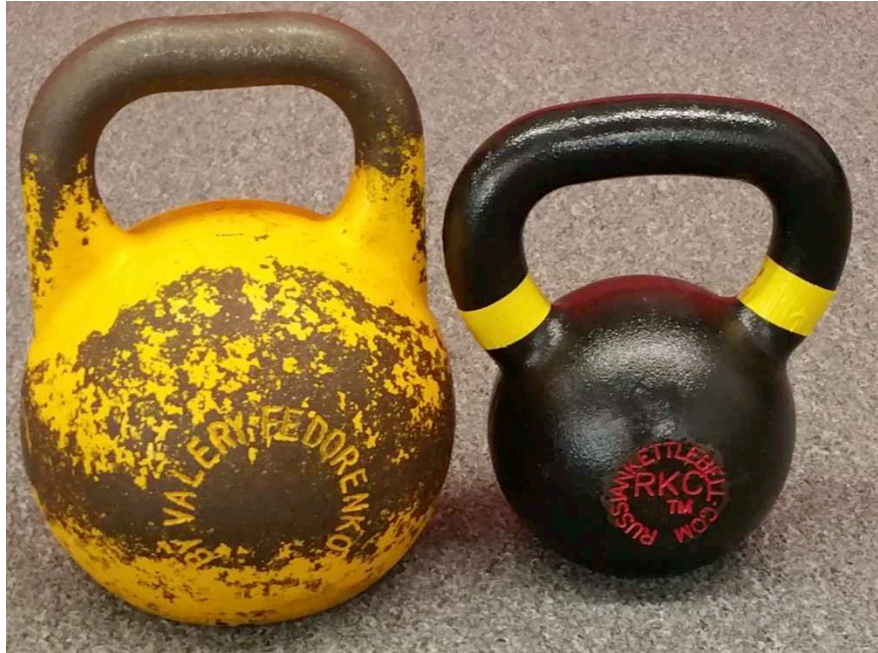
10k, 22lbs



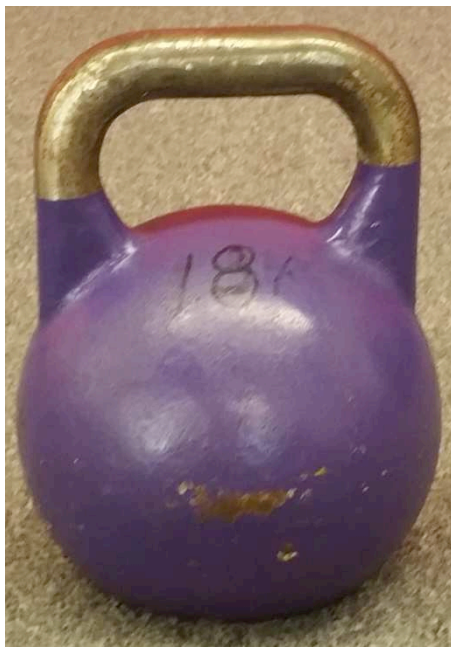
12k, 26.4lbs



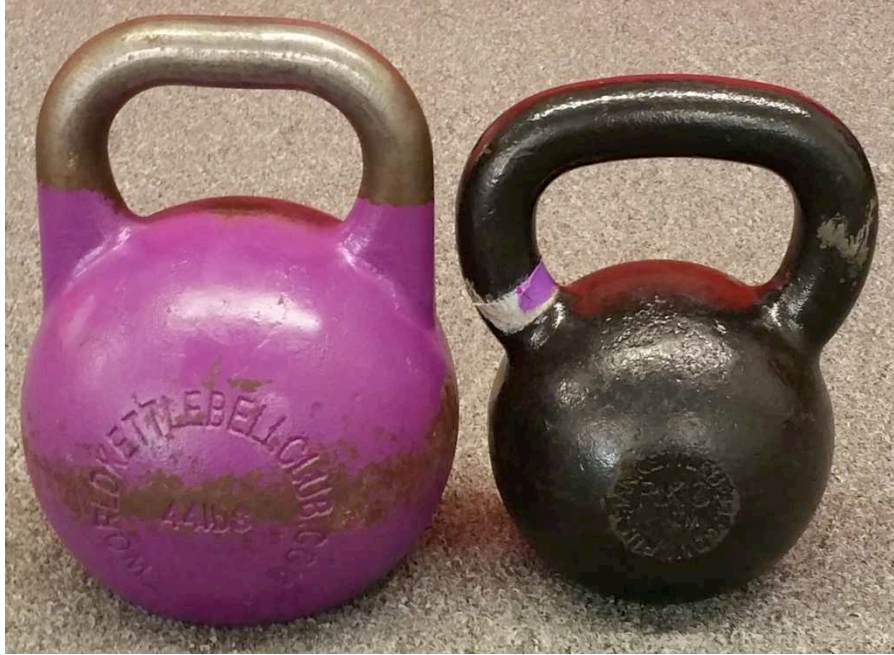
14k, 30.8lbs



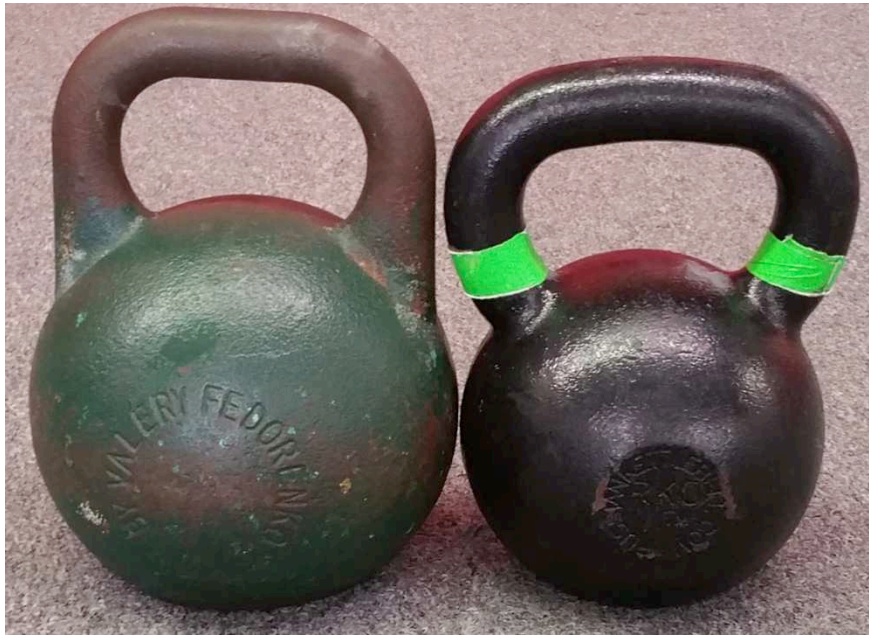
16k (yellow), 35.2lbs



18k only in comp style



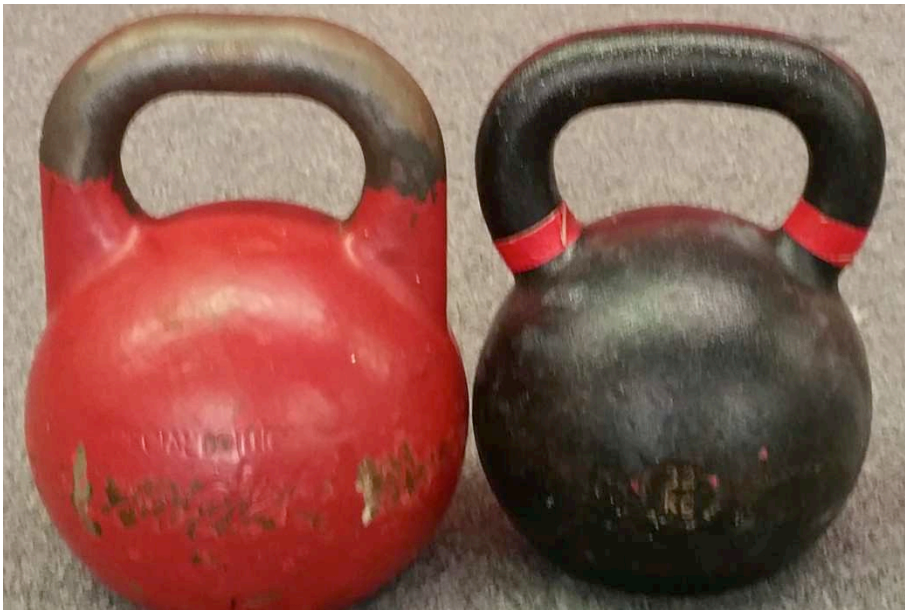
20k, 44lbs



24k, 52.8lbs



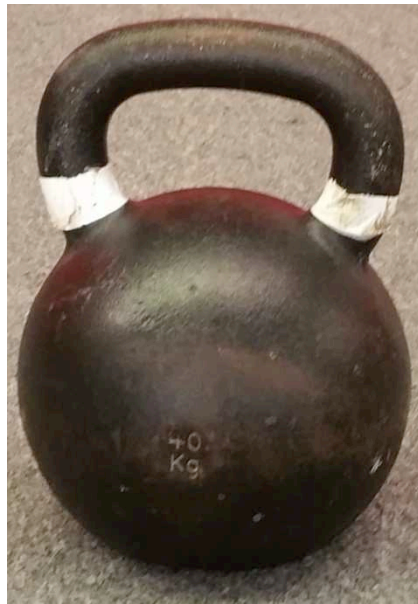
28k, 61.6lbs



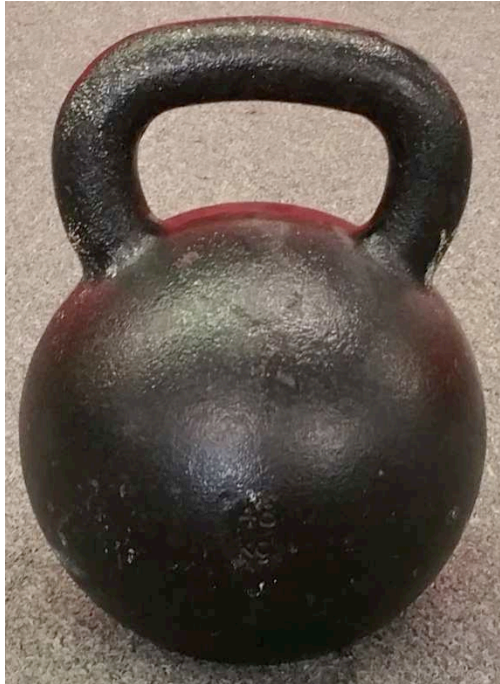
32k, 70.4lbs



36k only in comp style



40k (not in comp style) 88lbs



48k (not in comp style) 105.6lbs

