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## **Kettlebell buying guidance notes**

All Kettlercise participants will need to bring their own kettlebell with them to each session.

When choosing your kettlebell, it is best to go for a cast iron one as vinyl ones do not last well and are often too bulky for the movements we will be doing. Most cast iron kettlebells have a vinyl or neoprene coating which avoids rusting and marking the floor.

### **Kettlebell sizes:**

Kettlercise is a continuous class where you will aim to complete 37 exercises without needing to put down your kettlebell!

The weight should be relatively moderate compared to traditional kettle bell exercises.

Please refer to guidance below before ordering your kettlebell.

- 4kg recommended for ladies at a beginner level
- 6kg recommended for ladies at an intermediate level and men at a beginner level
- 8kg recommended for ladies at an advanced level and men at an intermediate level
- 10-14kg recommended for men at an advanced level

Don't worry about buying too light - you may grow out of your first kettlebell relatively quickly but it is important to start with a weight which allows you to focus on getting the technique right before you advance to a heavier weight.