

# **The Definitive Guide For Buying Kettlebells**

*A FIRST-TIME KETTLEBELL  
BUYERS GUIDE*



*By John Sifferman,  
CST Certified Kettlebell Specialist*

**Copyright © 2010 John Sifferman**

All rights reserved.

Published by John Sifferman and Physical Living Dot Com in the United States of America.

No part of this e-file may be reproduced in any form, except for the inclusion of brief quotations, without permission in writing from the author or publisher. This e-file is protected by Federal copyright law. It is illegal to re-sell, auction, share, or give away this e-file. Violators will be prosecuted to the fullest extent of the law!

## **DISCLAIMER**

The material in this e-file is provided for educational, reference, and informational purposes only and is not intended as medical counseling or medical advice. The information contained herein should not be used to diagnose or treat any illness, metabolic disorder, disease, injury or health problem without the advice of a competent medical professional. Always consult your physician or health care provider before beginning any exercise program or trying any new exercise equipment. Use of the advice and information contained herein is at the sole choice and risk of the reader. The author, writer, editors, graphic designer, and any person, organization or business affiliated with them shall have neither liability nor responsibility to any person or entity with respect to any damage or injury alleged to be caused directly or indirectly by the information contained in this book.

The owner of this e-file has an affiliate relationship with some of the products and services discussed herein and may be compensated from purchases made by its readers. This e-file contains links that will credit the owner with a percentage of the profit received from purchases. If you are uncomfortable with awarding the owner with a commission for a referred sale, then please do not use this e-file. The author has reviewed the products it links to, recommends, or endorses, however you should always perform your own due diligence before buying goods or services from any third party whether on the Internet or offline.

This guide is for people who have already made a decision to purchase a kettlebell, and who want to make the best investment possible. In this special report, you'll learn:

1. **Where to buy the highest quality, most inexpensive kettlebells.** In this report, you'll see a detailed price breakdown from several of the major kettlebell distributors, so you don't need to spend hours online trying to find the best deals.
2. **How to use your money wisely by choosing the right kettlebell weight.** Your first purchase needs to be appropriate for both your current conditioning level and future needs, and yet is heavy enough that you'll never outgrow it. This guide will teach you how to select the best starting weight.
3. **How to choose the type of kettlebell that is best suited for your goals and your budget.** Learn the differences between professional grade steel kettlebells and standard grade cast iron kettlebells to help you determine which one is a better choice for you.

## PROFESSIONAL GRADE VERSUS STANDARD GRADE KETTLEBELLS AND WHY YOU NEED TO KNOW THE DIFFERENCE BEFORE YOU BUY

Not all kettlebells are created equal, and it's important to understand the differences before you make a purchase. While there are many different types of kettlebells, they all boil down to two distinct categories:

1. **Professional Grade Steel Kettlebells**
2. **Standard Grade Cast Iron Kettlebells**

Upon first inspection, it might appear that the only difference between the two is the raw materials used, but there's more to it than just iron versus steel. The difference lies in how the kettlebells are manufactured and the dimensions of the final products.

### Standard Grade Cast Iron Kettlebells

Typically with cast iron kettlebells, the product specifications vary significantly from one kettlebell size to the next. Different sizes are created with different dimensions. The heavier the kettlebell, the larger it is. The lighter the kettlebell, the smaller it is. The actual bell weight varies in size dramatically, but there is often a slight difference in the handle diameter and width, too.



### Professional Grade Steel Kettlebells

With professional grade kettlebells, the dimensions are identical among all the different weights. An 8 kg (17.6 lbs) kettlebell is the same exact size and shape as the 48 kg (105.6 lbs) kettlebell – and so is every other size in between. The bell shape and size, along with the handle diameter, height, and width are all identical among each weight class. Each pro-grade kettlebell is manufactured to the exact same dimensions, and there's a very important reason for this.



8 kg



48 kg

That reason is consistency in your kettlebell practice. To maximize your results, and to achieve a high level in any physical activity or sport, you need consistency in your equipment selection. Imagine how hard it would be to learn and practice precision-based sports like basketball or golf if the ball size was different every time you played. There's a reason that a basketball is the same whether you are playing b-ball at recess or professionally in the NBA. Golf would be an impossible sport to master if the ball was different from game to game. That's why the



equipment used in all major sports is standardized, and the same should be true of kettlebell training, whether for competition or not.

As your skill with the pro-grade kettlebell improves and you're able to lift heavier weights, the kettlebell size and shape remains the same. This allows you to hold it in your hand the same way, and to rest it against your body the same way (for example, in the "rack" position during a clean and jerk). These are subtle constants with significant implications! When you use a cast iron kettlebell, your alignment and technique is different from weight to weight out of necessity. You cannot use the same exact alignment and technique when using different sized and shaped kettlebells.

In order to improve in your kettlebell training, you'll need to practice hundreds and even thousands of repetitions of each basic kettlebell exercise (cleans, jerks, snatches, squats, etc.). In order to maximize your results, your lifting technique and alignment must stay the same when upgrading to a heavier kettlebell.

It's challenging enough to adapt to a heavier weight. Trying to also adapt to a different sized and shaped kettlebell only complicates things. It's an unnecessary distraction while you're trying to relearn and refine basic exercises and wondering why your movements feel "clunky" and awkward all of a sudden.

## THE BOTTOM LINE

With any exercise equipment and especially with kettlebells, the size and shape of the weight has a direct impact on your technique and alignment. That's why I only recommend professional grade kettlebells to both competitive lifters and non-athletes alike. These kettlebells have been tested and perfected for decades to meet the demands of professional kettlebell athletes in Girevoy Sport. They are the most durable, versatile, and safe kettlebells ever made, and therefore the highest value you can buy.

But in the same breath, I understand that we're not all made of money, and sometimes it's better to get started with what we can afford, rather than wait until we have enough money for the best equipment. That's why I've compiled a directory listing of the prices from several of the major distributors of both Professional Grade and Standard Grade Kettlebells.



### ABOUT THE AUTHOR

John Sifferman is a Circular Strength Training Instructor and Certified Kettlebell Specialist through RMAX International. John has been a fitness coach since 2006, and is the creator of [PhysicalLiving.com](http://PhysicalLiving.com), where he teaches health-first fitness training.

## KETTLEBELL WEIGHT SELECTION CHART

Use the following guidelines to choose the most appropriate starting weight.

Now, that you've chosen your kettlebell weight, it's time to shop around. All of the market research has already been done for you. Compare the rates from the major distributors in the directory below.

### KETTLEBELL WEIGHT SELECTION FOR FIRST-TIME BUYERS

		Men	Women
Poor fitness level	No training experience, recent rehabilitation from injuries, small build	12-16 kg	8-12 kg
Average fitness level	Some training experience, healthy, moderate build	16-20 kg	12-16 kg
Excellent fitness level	High training experience, healthy, large build, athletic background	20-24 kg	16-20 kg

*Note: Most men start with a 16 kg and most women start with a 12 kg. These are kettlebell weights that most lifters will not outgrow even after years of use. If you're still undecided, choosing the lower weight is usually the best option.*

## KETTLEBELL PRICE COMPARISON CHART

Any kettlebell lifter can tell you that cast iron kettlebells are much cheaper than the pro-grade, steel kettlebells. Iron products are typically cheaper than steel products. But here's an interesting tid-bit I dug up during my research. One of the leading distributors of professional grade kettlebells is selling their pro-grade products at lower prices than the current leading cast iron kettlebell distributor. You read that right, **you can get pro-grade, steel kettlebells for cheaper than most people pay for standard-grade, cast iron kettlebells.**

Check out the chart on the next page to see a directory for the best deals on kettlebells.

# Kettlebell Price Comparison Chart

Actual prices from several major kettlebell distributors

## PROFESSIONAL GRADE STEEL "COMPETITION LEVEL" KETTLEBELLS

Kettlebell Size	IKFF		World Kettlebell Club		Perform Better	
	Price Breakdown	Total Price	Price Breakdown	Total Price	Price Breakdown	Total Price
8 kg (17.6 lbs)	\$54.95 + \$15.95 S/H	<b>\$70.90</b>	\$49.97 + \$21.00 S/H	<b>\$70.97</b>	\$39.95 + \$10.00 S/H	<b>\$49.95</b>
12 kg (26.5 lbs)	\$69.95 + \$18.95 S/H	<b>\$88.90</b>	\$59.97 + \$28.00 S/H	<b>\$87.97</b>	\$45.95 + \$10.00 S/H	<b>\$55.95</b>
16 kg (35.3 lbs) = 1 pood	\$84.95 + \$25.95 S/H	<b>\$110.90</b>	\$69.97 + \$33.00 S/H	<b>\$102.97</b>	\$56.95 + \$10.00 S/H	<b>\$66.95</b>
20 kg (44.1 lbs)	\$99.95 + \$33.95 S/H	<b>\$133.90</b>	\$79.97 + \$40.00 S/H	<b>\$119.97</b>	\$63.95 + \$10.00 S/H	<b>\$73.95</b>
24 kg (52.9 lbs) = 1.5 poods	\$114.95 + \$39.95 S/H	<b>\$154.90</b>	\$89.97 + \$43.00 S/H	<b>\$132.97</b>	\$69.95 + \$10.00 S/H	<b>\$79.95</b>
28 kg (61.7 lbs)	\$129.95 + \$42.95 S/H	<b>\$172.90</b>	\$99.97 + \$47.00 S/H	<b>\$146.97</b>	\$79.95 + \$11.99 S/H	<b>\$91.94</b>
32 kg (70.6 lbs) = 2 poods	\$144.95 + \$44.95 S/H	<b>\$189.90</b>	\$109.97 + \$48.00 S/H	<b>\$157.97</b>	\$94.95 + \$14.24 S/H	<b>\$109.19</b>
36 kg (79.2 lbs)	\$164.95 + \$60.95 S/H	<b>\$225.90</b>	\$119.97 + \$62.00 S/H	<b>\$181.97</b>	\$104.95 + \$15.74 S/H	<b>\$120.69</b>
40 kg (88 lbs) = 2.5 poods	\$184.95 + \$66.95 S/H	<b>\$251.90</b>	\$159.97 + \$67.00 S/H	<b>\$226.97</b>	\$119.95 + \$17.99 S/H	<b>\$137.94</b>
44 kg (96.8 lbs)	\$224.95 + \$72.95 S/H	<b>\$297.90</b>	\$189.97 + \$73.00 S/H	<b>\$262.97</b>	\$179.95 + \$26.99 S/H	<b>\$206.94</b>
48 kg (105.6 lbs) = 3 poods	\$264.95 + \$76.95 S/H	<b>\$341.90</b>	\$219.97 + \$79.00 S/H	<b>\$298.97</b>	\$199.95 + \$29.99 S/H	<b>\$229.94</b>

**BEST VALUE!**

## STANDARD GRADE CAST IRON KETTLEBELLS

Kettlebell Size	Dragon Door		Kettlebells USA		Perform Better	
	Price Breakdown	Total Price	Price Breakdown	Total Price	Price Breakdown	Total Price
8 kg (17.6 lbs)	\$59.95 + \$22.00 S/H	<b>\$81.95</b>	\$39.99 + \$19.86 S/H	<b>\$59.85</b>	\$24.95 + \$10.00 S/H	<b>\$34.95</b>
12 kg (26.5 lbs)	\$69.95 + \$28.00 S/H	<b>\$97.95</b>	\$44.99 + \$25.58 S/H	<b>\$70.57</b>	\$34.95 + \$10.00 S/H	<b>\$44.95</b>
16 kg (35.3 lbs) = 1 pood	\$87.95 + \$38.00 S/H	<b>\$125.95</b>	\$64.99 + \$31.88 S/H	<b>\$96.87</b>	\$44.95 + \$10.00 S/H	<b>\$54.95</b>
20 kg (44.1 lbs)	\$97.95 + \$44.00 S/H	<b>\$141.95</b>	\$59.99 + \$38.16 S/H	<b>\$98.15</b>	\$52.95 + \$10.00 S/H	<b>\$62.95</b>
24 kg (52.9 lbs) = 1.5 poods	\$107.95 + \$49.00 S/H	<b>\$156.95</b>	\$64.99 + \$43.75 S/H	<b>\$108.74</b>	\$59.95 + \$10.00 S/H	<b>\$69.95</b>
28 kg (61.7 lbs)	\$129.95 + \$53.00 S/H	<b>\$182.95</b>	\$69.99 + \$46.10 S/H	<b>\$116.09</b>	\$69.95 + \$10.00 S/H	<b>\$79.95</b>
32 kg (70.6 lbs) = 2 poods	\$139.95 + \$55.00 S/H	<b>\$194.95</b>	\$89.99 + \$58.02 S/H	<b>\$148.01</b>	\$74.95 + \$10.00 S/H	<b>\$84.95</b>
36 kg (79.2 lbs)	\$159.95 + \$58.00 S/H	<b>\$217.95</b>	\$109.99 + \$65.32 S/H	<b>\$175.31</b>	\$84.95 + \$12.74 S/H	<b>\$97.69</b>
40 kg (88 lbs) = 2.5 poods	\$179.95 + \$64.00 S/H	<b>\$243.95</b>	\$119.99 + \$70.33 S/H	<b>\$190.32</b>	\$92.95 + \$13.94 S/H	<b>\$106.89</b>
44 kg (96.8 lbs)	\$219.95 + \$69.00 S/H	<b>\$288.95</b>	\$129.99 + \$80.96 S/H	<b>\$210.95</b>	\$99.95 + \$14.99 S/H	<b>\$114.94</b>
48 kg (105.6 lbs) = 3 poods	\$239.95 + \$75.00 S/H	<b>\$314.95</b>	\$139.99 + \$83.29 S/H	<b>\$223.28</b>	N/A	N/A

**CLICK HERE**  
to buy **Pro** KBs now!

**BEST VALUE!**

**CLICK HERE**  
to buy **Standard** KBs now!

\*All prices reflect the cost of a single kettlebell in US dollars with shipping to the Continental USA via Ground Transportation. \*\*Some shipping prices are estimates. \*\*\*Prices Analyzed from dragondoor.com, kettlebellsusa.com, ikff.net, worldkettlebellclub.com, and performbetter.com by John Sifferman of PhysicalLiving Dot Com on August 6, 2010.

## FREQUENTLY ASKED QUESTIONS ABOUT BUYING KETTLEBELLS

### ***I don't have much money, and I want to get a single kettlebell that I won't outgrow too fast. What do I do when I get too strong for my kettlebell?***

After a few weeks of use, it's typical for some initial strength gains to be made quickly and for your first kettlebell to start feeling lighter with practice. This is normal and should be expected. This does not mean you'll need to buy a heavier kettlebell right away. There are many different ways to leverage a lower weight kettlebell to meet your training demands. For instance, instead of repetition-based sets, you can try timed sets. You could start using the high density training protocol, too. Plus, there are a whole slew of advanced level exercises that must be performed with a lighter kettlebell. There will come a point when you'll want to invest in a heavier kettlebell, but you'll never truly outgrow your first one if you choose wisely.

### ***How will I know when I'm ready to upgrade to a heavier kettlebell?***

With regular practice, you will know intuitively when you're ready to advance to a heavier kettlebell. There's no standard that says you must be able to do X amount of reps in the exercises A, B, and C before you can advance. It's a personal choice. When you feel that your performance is actually being held back by using a lighter kettlebell, that's when it's time to upgrade.

If you're still looking for a general standard to go by, then here's my advice. Once you can do high rep sets (100 or more repetitions) with a relatively low level of exertion (under 60% of your max effort), you're ready to increase the weight for that particular exercise. It should also be noted that your exercise technique should be impeccable, and that you should not be experiencing any pain during your work sets.

### ***I'm ready to buy my second kettlebell. Should I buy a heavier weight, or get another one of the same size to start double kettlebell training?***

Your personal goals will dictate what you choose to invest in. If you're looking to compete in kettlebell sport, then it may be a good idea to invest in a pair early on. If you're not planning on competing, my recommendations are different.

For men, I suggest investing in the "big 3 kettlebell weights" (16, 24, and 32

kg). If you own a 16 kg, then your second kettlebell should be a 24 kg, and your third should be a 32 kg. After that, buy another 16 kg to start training with doubles, and work your way up to having a pair of all three weights. Women should follow a similar guideline, just with different weights (12, 16, and 24 kg).

### ***What about the really heavy kettlebells?***

For some advanced trainees, the heavier kettlebells will be preferred. However, for the beginner and intermediate user, the very heavy kettlebells should be viewed as a novelty, rather than as a training tool. With extensive practice and mastery, there may come a time when you'd like to try out the heavier kettlebells, but only experience will tell you when you're ready.

### ***What about adjustable kettlebells?***

I've used many different types of kettlebells, and by far, the worst ones are the plate-loaded, adjustable versions. They may be cheaper, but they aren't as safe and definitely not as easy to work with as the regular, solid kettlebells. Keep in mind that you'll be pressing and swinging your kettlebells overhead, and may end up dropping them (ie, when juggling, or during high rep sets). Kettlebells often receive a little more punishment than other training tools, and that's why I recommend steel over iron, and solid over adjustable. A professional grade kettlebell will last you the rest of your life. It's better to invest in the best equipment possible, rather than regret your decision with every repetition.

### ***Is there anything else I should purchase?***

All you really need to start is a single kettlebell. But there are some other things that would be a wise investment depending on your circumstances. The best way to spend your money is on expert instruction. Getting first-hand experience under a qualified coach is the best thing you could do to benefit from kettlebell training, and I cannot recommend it enough. Apart from that, you may want to invest in some educational resources to help you learn basic exercise technique on your own time. Some chalk may come in handy, too.