# Manuals

Please follow the warning before using the kettlebell:

Do not allow children to use or approach this device. Moving parts and other functions of this device may pose a hazard to children.

Not applicable to anyone under the age of 14.

Consult your doctor before starting an exercise regimen. If you experience chest pain or tightness, shortness of breath, or dizziness, stop exercising. Please contact your doctor before using this device again.

Before using, check the kettlebell. Do not use kettlebells with worn or damaged parts. Please contact your local dealer for repair information.

Do not use the device in a humid environment.

Before you start exercising, make sure that there are no possible interference objects around you and that you have enough space

Do not let the kettlebell fall directly to the ground. May damage the product or cause personal injury.

Do not hit the kettlebell hard during use. May damage the product or cause personal injury.

Do not lean on kettlebell handles or use kettlebells to support your body weight, such as using them as a base for push-ups. May damage the product or cause personal injury.
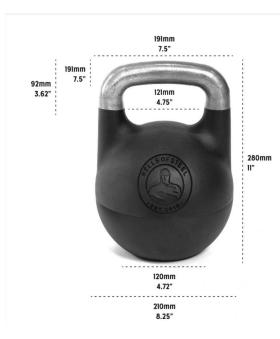
Kettlebells are very heavy. Please place the kettlebell directly on the floor for the best support.

Product information:
Name:20.5kg adjustable competition kettlebell
Place of Origin:shangdong,china
Weight:12kg to 20.5kg
Produce:casting
Material:steel
Color:black
Logo:bells of steel
Package:plastic bag+desiccant+foam+two cartons box
Usage:Bodybuilding Fitness

The 20.5kg adjustable kettlebell base includes the 12kg shell with 8.5kg of weight plates (1x 3kg, 2x 2kg, 1x 1kg & 1x 0.5kg),can save money,save space and fast adjust

# Detail size information:



| Shell | |
|---|---|
| Height | 11" / 279mm |
| Diameter | 8.25" / 210mm |
| Empty Weight | 26.5lb / 12kg |
| Fully Loaded Weight | 70.5lb / 32kg |
| Material | Steel |
| Coating | Powder Coat |

| Handle | |
|---|---|
| Handle Diameter | 1.4" / 35mm |
| Handle Width | 7.5" / 191mm |
| Window Height | 2.25" / 57mm |
| Window Width | 4.75" / 121mm |

| Plates | |
|---|---|
| Increments | 1lb / 0.5kg |
| Plate Material | Iron |
| Tools | Included |