

26lbs	11,4"	Ø 6,5"
30lbs	11,8"	Ø 6,7"
34lbs	12,2"	Ø 7,1"

**Material:** Canadian Maple / American Walnut, stainless Steel, brass

### Correct use

This product was designed to allow you to train your whole body. This product is meant for private use and not for medical or commercial use.

### ! Warning !

Do not allow children to use this product unsupervised, the product is not a toy. Instruct them in the correct use of the product and maintain supervision. Only allow the use of the product if the child's mental and physical development allows it.

### ! Caution ! Danger due to wear and tear

The product may only be used if it is in perfect condition. Check the product for damage or wear before each use. The safety of the product can only be guaranteed if it is regularly inspected for damage and wear and tear. If damaged, it must not be used anymore. Protect the product from extreme temperatures, sun and dampness. Improper storage and use of the product could lead to premature wear and tear, which could result in injury.

### ! Caution !

Consult your doctor before you start training. Make sure you are healthy enough to train. Always keep the instructions for use with the exercise instructions readily available. Pregnant women should only train after consulting with their doctor.

Always remember to warm up before training and train according to your current performance ability. High exertion and over-training can



lead to serious injuries. Stop exercising immediately and contact a doctor if you experience pain, weakness or fatigue.

The product should only be used by one person at a time.

There must be an area of approx. 0.6m / 2' of space around the training area. Only train on a level, non-slip surface.

Don't use the product near steps or landings. When using the product, be aware of its weight and do not underestimate this!

## General training instructions

### Training procedure

Wear comfortable sportswear and trainers. Warm up before every training session and cool down gradually afterwards. Take sufficiently long breaks between each exercise and make sure to drink enough liquids. If you are a beginner, do not start exercising with too high of an intensity. Increase your intensity slowly. Perform all of the exercises steadily, not in an uncontrolled, fast manner. Focus on even breathing. Breathe out when you exert yourself, and breathe in when you relax. Focus on the correct posture when performing the exercise.

### Warming up

Take enough time before every training session to warm up. In the following section we will describe some easy exercises.

### Neck muscles

1. Turn your head slowly to the left and then to the right. Repeat this movement four to five times.
2. Move your head in circles, first in one direction and then in the other.

### Arms and shoulders

1. Interlock your hands behind your back and pull them carefully

upwards. Do this at the same time as bending your upper body forwards in order to warm your muscles up optimally.

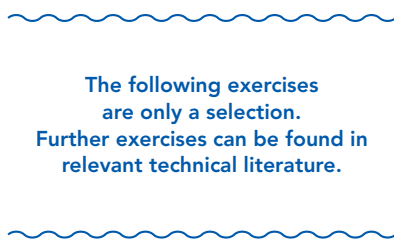
2. Move both of your shoulders simultaneously in circles, first forwards for a minute and then backwards for a minute.
3. Pull your shoulders up towards your ears and then let them fall down again.
4. Rotate your left and right arms alternately in circles, first forwards for a minute and then backwards.

**Important!** Do not forget to continue breathing normally during the exercises!

## Prepare surroundings

You will need a sufficient amount of space to conduct these exercises unimpaired, safely and comfortably.

A free area of not less than 0.6 m / 2' shall remain around the training area in the directions from which the equipment is accessed.



The following exercises are only a selection. Further exercises can be found in relevant technical literature.

## Triceps

### Starting position

1. Stand with your feet hip-width apart on the floor. Your toes are pointing forwards and your knees are slightly bent.
2. Hold the product with both hands behind your head. The backs of your hands are facing backwards and your legs are slightly bent.

### End position

3. Tense your leg, buttock and abdominal muscles throughout.
4. With your forearms only, lift the product slowly upwards behind your head. Straighten your upper body and pull your shoulder blades towards your spine. Tense your arms. Your shoulders remain lowered throughout the exercise.

**Important:** make sure you do not completely straighten your elbows, and that they are pointing outwards.

5. Hold this position for a moment and then slowly lower the product back to the starting position.

6. Repeat the exercise 8 to 12 times in three sets.

**Important:** perform the movements slowly and do not completely straighten your elbows during the stretch. Make sure your elbows are pointing outwards when bent.

## Single leg deadlift

### Start position

1. Stand with your feet hip-width apart on the floor. Your toes are pointing forwards and your knees are slightly bent.
2. Hold the product in your left hand. Your palm is facing inwards.
3. Tense your buttock and core muscles and hold your arm straight.

### End position

4. Shift your weight to your left leg. Bend your upper body forwards and stretch your right leg out behind you. The leg you are standing on is slightly bent.

At the same time take your left hand down towards the floor. Your back remains straight and your right arm remains extended.

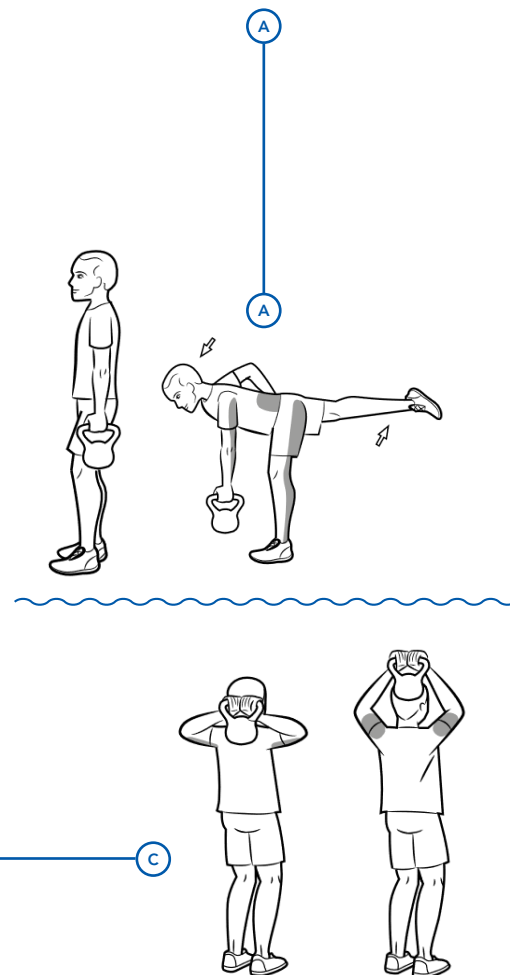
**Important:** make sure you rotate your hips as little as possible.

6. Remain in this position for a moment.

7. Repeat the exercise 8 to 12 times and then switch sides.

8. Complete three sets of this exercise.

**Important:** perform the movements slowly. Your feet remain firmly on the floor, your shoulders remain lowered and your lower back is straight.



## Kettlebell Instruction for use

### Congratulations!

We congratulate you on the purchase of your new product. You have chosen a high quality product. Familiarize yourself with the product before using it for the first time. In addition, please carefully refer to the operating instructions and the safety advice below. Only use the product as instructed and only for the indicated field of application. Keep these instructions in a safe place. If you pass the product on to anyone else, please ensure that you also pass on all the documentation with it.

**Failure to observe the safety notes can lead to serious injuries.**

### Scope of delivery

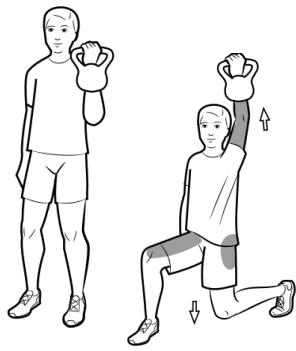
- 1 x Kettlebell
- 1 x Instruction for use

### Technical data (Metric)

Weight	Height (handle incl.)	Body Diameter
8kg	27cm	Ø 14,5cm
10kg	28cm	Ø 15,5cm
12kg	29cm	Ø 16,5cm
14kg	30cm	Ø 17,0cm
16kg	31cm	Ø 18,0cm

### Technical data (Anglo-American)

Weight	Height (incl. handle)	Body Diameter
18lbs	10,5"	Ø 5,7"
22lbs	11,2"	Ø 6,1"



## Reverse lunge

### Start position

1. Stand with your feet shoulder-width apart on the floor. Your toes are pointing forwards and your knees are slightly bent.
2. Hold the product in your left hand at shoulder height. Your palm is facing inwards.

### End position

3. Take a lunging step back with your left leg. Bend your left knee at a 90° angle so that it almost touches the floor.
4. Push your left arm up at the same time. Keep your upper body and hips straight.
5. Remain in this position for a moment.
6. Slowly return your left leg and left arm to the starting position.
7. Repeat the exercise 8 to 12 times and then switch sides.
8. Complete three sets of this exercise.

**Important:** perform the movements slowly and hold your back and hips straight throughout the entire exercise.

## Squats

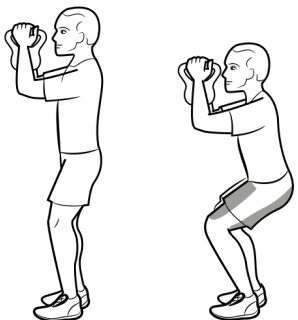
### Start position

1. Stand with your feet shoulder-width apart on the floor. Your toes are pointing forwards and your knees are slightly bent.
2. Take the product in your hands and hold it with bent arms in front of you at head height.

### End position

3. Tense your buttock, arm and abdominal muscles.
4. Extend your buttocks out behind you and bend your knees. Make sure your upper body is tilted slightly forward.
5. Hold this position briefly and then return to the starting position.
6. Repeat the exercise 8 to 12 times in three sets.

**Important:** perform the movements slowly and hold your back straight throughout the entire exercise.



## Swing

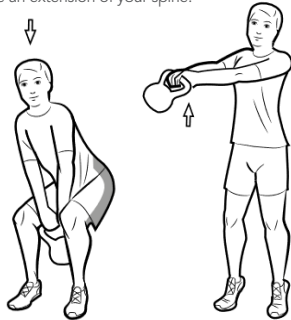
### Start position

1. Stand with your feet shoulder-width apart on the floor. Your toes are pointing slightly outward and your knees are slightly bent.
2. Hold the product with both hands. Your palms are facing inwards.

### End position

3. Tense your buttock and abdominal muscles and hold your back straight.
4. Bend your knees and swing the product slowly backwards between your legs.
5. Straighten your legs and swing the product up to chin height. Your shoulders remain lowered.
6. When the product has reached the highest point, stop the movement briefly, then let the product swing down in a controlled way.
7. Repeat the exercise 8 to 12 times in three sets.

**Important:** always control the movement of the weight against overly forceful swinging. Your buttocks and abdomen remain firmly tensed. Your head should be an extension of your spine.



## Rowing bend

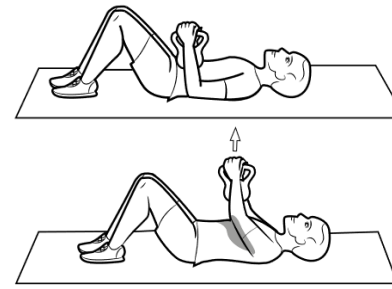
### Start position

1. Place your left knee on a chair or bench. Hold your core stable and your back straight.
2. Hold the product in your right hand. Your palm is facing inwards.
3. Slightly bend your upper body forwards and support yourself on your left hand.

### End position

4. Slowly bend your arm and lift your elbow to shoulder height. Hold your back straight.
5. Remain in this position for a moment.
6. Slowly return your arm to the starting position.
7. Repeat the exercise 8 to 12 times and then switch sides.
8. Complete three sets of this exercise.

**Important:** perform the movements slowly and hold your back straight throughout the entire exercise.



## Arm and chest muscles lying down

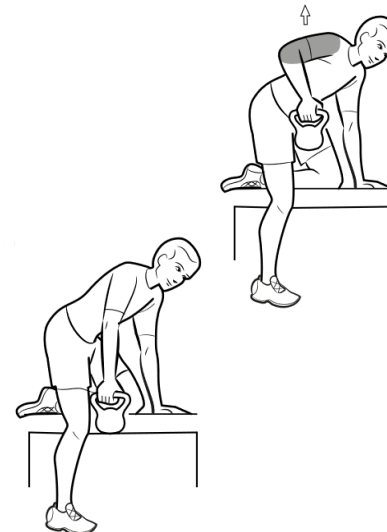
### Start position

1. Lie on the floor and place your feet side by side on the floor, hip-width apart, with knees bent.
2. Hold the product vertically with both hands above your belly. Your upper arms stay against your body..

### End position

3. Tense your leg, buttock and abdominal muscles. Pull your shoulder blades towards your spine. Your neck extends from your spine.
4. Stretch your arms upwards towards the ceiling. Your shoulders remain on the floor and your elbows are slightly bent.
5. Remain in this position for a moment.
6. Slowly return your arms to the starting position.
7. Repeat the exercise 8 to 12 times in three sets.

**Important:** perform the movements slowly. Only your arms should move, your shoulders remain lowered and your lower back stays on the floor throughout.



## Stretching

Take sufficient time to stretch after each training session. Some simple exercises are described below. Carry out each exercise 3 times each per side for 15-30 seconds.

### Neck muscles

1. Stand in a relaxed pose. Use your hand to pull your head gently to the left and then to the right. This exercise stretches the sides of your neck.

### Arms and shoulders

1. Stand upright with your knees slightly bent.
2. Lay your right arm behind your head until your right hand is between your shoulder blades.
3. Hold your right elbow with your left hand and pull it backwards.
4. Change sides and repeat the exercise.

## Care and storage

- Do not use corrosive or abrasive cleaning agents as they may damage the product.
- Use a dry fluff-free cloth when you are cleaning or polishing the product.
- Using a damp cloth, remove any coarse dirt on the metal surface.
- Store in a cool dry place.

## Disposal

The packaging is made of recyclable materials, which you may dispose of at local recycling facilities. Contact your local refuse disposal authority for more details of how to dispose of your worn-out product.



Have fun!  
Visit us on [kenkostores.com](https://www.kenkostores.com) &  
[instagram.com/kenkostores](https://www.instagram.com/kenkostores)



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