

Kettlebells



Limited Warranty

Power Systems Inc. warrants that the Kettlebell manufactured by Power Systems Inc. is free from defects in workmanship and materials for a period of 90 days from the invoice date. Should your product show signs of defective workmanship or material prior to the expiration of the 90-day warranty, you should call our customer service department at 1-800-321-6975 to receive directions on returning the product. This warranty is limited to the replacement of the product by Power Systems Inc. This warranty does not extend to any defect or problem caused by the negligence or acts of you or others, failure to maintain the product in accordance with instructions furnished with the product, unreasonable use, accidents, alterations, or ordinary wear and tear.

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Safety

Please follow these guidelines when using this product:

- Read all instructions carefully before using.
- Always consult your physician before participating in any physical activity.
- Always train under the supervision of a certified trainer or coach.
- Inspect the product for damage before each use. Do NOT use if damaged—contact Power Systems Customer Service for warranty/replacement information.
- Always use this product in an open area that is free from obstructions.
- This product is not a toy.
- This product is intended for use only as described in this document. Other uses are not recommended and could void the warranty.
- Power Systems Inc. assumes no liability for injuries, accidents, or damages that may occur with the use or misuse of this product.

Kettlebell Precautions

Kettlebells may cause serious injury when not used properly. Please observe these precautions:

- If you lose control of the kettlebell during an exercise and it starts to fall, get out of the way. Do not attempt to regain control and risk injury.
- Handle all kettlebells carefully, regardless of weight.
- Avoid training on surfaces that could be damaged from a dropped kettlebell.

Check out these other great kettlebell products.

kōr™ Kettlebells

Constructed of pliable materials, the kōr™ Kettleball is an attractive, user friendly alternative to cast iron kettlebells. These unique, nonscuffing kettleballs are uniformly sized for consistent technique development and feature a 1¼" durable, molded polypropylene handle for a solid grip and smooth rotation. Highly visible weight label and color-coded handle. Available in Beginner/Yellow: 5, 8 lb. Intermediate/Orange: 10, 12, 15 lb. Advanced/Blue: 20, 25, 30, 35 lb. 12" H x 8" diam. Fits standard kettlebell racks.



Premium Kettlebells

Cast iron bell is encased in vinyl to help reduce noise and prevent damage to floors. Smooth, solid steel handle for comfortable grip. Available in 11 sizes from 10 to 50 lbs. Handle measures 1" diam. on all kettlebells, except the 45 and 50 lb. which measures 1½" diam. Color coded by weight; colors may vary. For indoor use only.

Ultra Kettlebells

Cast iron bell with rubber plate on bottom to prevent damage to floors and racks. Smooth, solid steel handle for comfortable grip. Weight is cast in each bell for ease of identification. Available in 17 sizes from 10 to 100 lbs. Handle measures 1" diam. on 10 lb. kettlebell and progressively increases to 1¾" diam. on 100 lb. Black.



Premium Kettlebell Rack

Compact, space-saving design stores kettlebells of any size. Kettlebells sit securely in 3 trays. Steel construction.

Visit www.power-systems.com for more information

Kettlebell Deadlift

Stand with the feet slightly wider than hip-width apart. Hold the kettlebell in front of the body, arms fully extended. Bend the knees and tip the upper body forward while pushing the hips back; keep the chest open and the shoulder blades retracted slightly. Lower the body until the kettlebell touches the floor. Return to the starting position with emphasis on hip extension.



Two-Arm Swing

Stand with the feet slightly wider than hip-width apart. Hold the kettlebell with both hands, arms extended and relaxed. Bend the knees with weight back, chest up, and shoulders down and back. Swing the kettlebell to shoulder height by straightening the legs and allowing the arms to react to the thrust momentum. Let the kettlebell descend between the legs into a deadlift position.



When performing these exercises, focus on maintaining good posture, a neutral spine, and a strong back and abdominals.

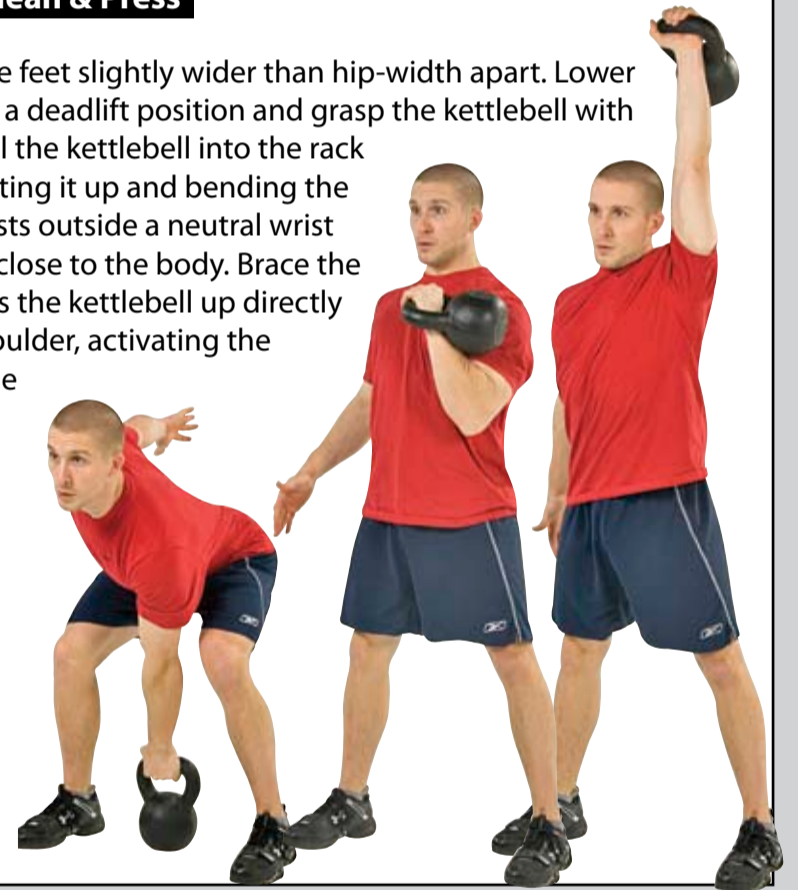
Tactical Lunge

Stand with the feet slightly wider than hip-width apart while holding the kettlebell in one hand. Take one step forward into a lunge while passing the kettlebell under the front leg; do not allow the knee to extend past the foot. Return to the starting position by pushing off with the lead leg.



Kettlebell Clean & Press

Stand with the feet slightly wider than hip-width apart. Lower the body into a deadlift position and grasp the kettlebell with one hand. Roll the kettlebell into the rack position by lifting it up and bending the elbow so it rests outside a neutral wrist with the arm close to the body. Brace the core and press the kettlebell up directly above the shoulder, activating the shoulder blade musculature for support. Lower the kettlebell to the starting position.



Push-Up

Get in a plank position with the hands slightly wider than shoulder-width apart. Place one hand on the floor and the other on the kettlebell handle. Use the core muscles to keep the back neutral. Bend the elbows to 90 degrees, lowering the plank, then press up to extend the arms and return to the starting position. *For a less challenging exercise, perform the push-up from the knees instead of the toes.*



Low Windmill

Stand with the feet slightly wider than hip-width apart, angled at 45 degrees. Hold the kettlebell in one hand next to the leg; fully extend the opposite arm above the shoulder. Initiate the downward motion of the kettlebell by pushing the hip opposite the kettlebell to the side. Touch the kettlebell to the floor just inside the foot, and return to the start position in a controlled manner.

