



ADJUSTABLE KETTLEBELL

Instruction Manual & Exercise Guide



Disclaimer, Terms and Conditions

IMPORTANT

Please read this entire manual before using the ProsourceFit Adjustable Kettlebell. Failure to follow these instructions can lead to significant injury and/or property damage.

ProsourceFit recommends that you always obtain a complete physical examination before beginning any exercise program. If you experience any discomfort while using ProsourceFit Adjustable Kettlebell discontinue use and consult your physician.

Please use caution and carefully follow all exercise instructions and use proper technique when using our Adjustable Kettlebell. Always modify exercises as needed for your fitness level.

Safety Instructions

1. Only use the Adjustable Kettlebell as intended and directed for exercise.
2. **DO** make sure the weights are securely locked in place before every use.
3. **DO** exercise at a practical weight setting. NEVER perform exercises beyond your ability to maintain control.
4. **DO** make sure your footing is secure to prevent slips and trips during exercises.
5. **DO** always maintain correct form and use caution when using the Adjustable Kettlebell. Begin each exercise slowly and with control to learn proper form, build strength and stamina, especially if you are new to exercise.
6. **DO NOT** allow children under the age of 18 to use this product without adult or professional supervision.
7. Only use in a clear area to avoid damage to kettlebell, property, or other persons.
8. **DO** inspect every package purchased for missing, factory defective or damaged parts. In the case of missing, damaged or defective parts; do not use the product and contact ProsourceFit customer service for replacement parts free of charge.
9. The Adjustable Kettlebell is NOT a toy or plaything. **KEEP OUT OF REACH OF CHILDREN** or any individual who may require supervision.
10. Stop exercising immediately if you experience discomfort, nausea, dizziness, or pain. See a physician immediately if you experience chest or stomach pain, palpitations, or difficulty breathing.

Care & Storage Instructions

1. Wipe clean with a damp cloth and mild, soapy water. Wipe dry immediately.
2. Store in a cool, dry place away from moisture, heat, and direct sunlight.

HOW TO ADJUST WEIGHT

STEP 1

Place your finger in the circle on the top, pull it out towards yourself



STEP 2

Slide across to the unlocked symbol. The lock should snap back in place.



STEP 3

To remove weight, slide disks out towards yourself and place aside. To add weight, slide disks in their appropriate spot with the slit aligned with center of kettlebell.



STEP 4

After adjusting weight, place your finger in circle on top, pull it out towards yourself, and slide across back to the locked symbol. The lock should snap back in place. Always make sure your kettlebell is locked and weights are secure before using.



EXERCISE GUIDE

KETTLEBELL SWING



- 1.** Make sure your kettlebell is at a weight you can control before performing this exercise.
- 2.** Stand with your feet hip-width apart, toes turned out slightly and back straight.
- 3.** Grip the kettlebell handle with both hands and straight, strong arms.
- 4.** With the kettlebell resting at thigh-height, pull weight back between your legs as you squat slightly keeping your back straight.
- 5.** Engaging your core and driving through your heels, stand up from squat and swing kettlebell up to chest level keeping your arms straight. Push your hips forward as you stand, squeezing your glutes. Always remain in control of the kettlebell.
- 6.** As your kettlebell naturally begins to swing back down, assume the slight squat position again, and let the weight swing between your legs.
- 7.** Repeat 10-15 times.

KETTLEBELL DEADLIFT



- 1.** Make sure your kettlebell is at a weight you can control before performing this exercise.
- 2.** Stand with your feet hip-width apart, toes turn out slightly and back straight.
- 3.** With the kettlebell in between your feet, squat slightly with your back straight and grip handle with both hands.
- 4.** Lift the kettlebell using your upper leg and butt muscles as you stand from your squat and snap your hips forward. Your arms should remain straight as you lift.
- 5.** Squat back down and lower your kettlebell back to floor.
- 6.** Repeat 10-15 times.

KETTLEBELL DEAD BUG



- 1.** Make sure your kettlebell is at a weight you can control before performing this exercise.
- 2.** Lay on your back with your kettlebell in reach above your head.
- 3.** Lift your legs up and slightly bend your knees.
- 4.** Firmly grip your kettlebell that is above your head with both hands on either side of the handle and lift above your chest.
- 5.** Simultaneously, lower your kettlebell behind you without straining your shoulders and lower one leg but keep it off the floor.
- 6.** Simultaneously, lift your kettlebell back above your chest and lift your leg back up.
- 7.** Alternate legs and repeat 10-15 times.

KETTLEBELL GOBLET SQUAT



- 1.** Make sure your kettlebell is at a comfortable weight for this exercise.
- 2.** Stand with your feet shoulder-width apart, toes turned out slightly, and back straight.
- 3.** Grip kettlebell handle with both hands on either side and hold weight close to your chest.
- 4.** Bend at your knees and hips, keeping your back straight and your legs aligned with your feet. Bring your butt down past your knees. Do not lift your heels.
- 5.** Stand back up by engaging your upper leg and butt muscles, keeping your footing stable, and back straight.
- 6.** Repeat 10-15 times.

ONE ARM KETTLEBELL ROW



- 1.** Make sure your kettlebell is at a comfortable weight for this exercise.
- 2.** Stand with your feet hip-width apart. Hinge forward and bend at your hips, pushing your butt back and keeping your back straight. Bend your knees slightly and find your stability.
- 3.** Lift kettlebell by the handle and pull weight up toward your chest, keeping your elbows close to your body. Your elbows should go past your back, squeezing your shoulder blades.
- 4.** Lower the kettlebell back down by extending your arm toward the floor.
- 5.** Repeat 10-15 times, then switch arms.

KETTLEBELL HALO



1



2



3



4

1. Make sure your kettlebell is at a comfortable weight for this exercise.
2. Stand with your feet shoulder-width apart, knees bent slightly, and back straight.
3. Grip kettlebell handle with both hands on either side. Hold weight close to your chest.

KETTLEBELL HALO (CONT.)



5



6



7



8

4. Keeping your head still, begin to move kettlebell around your head in a circle. For beginners, move weight over your right shoulder and next to your ear, the kettlebell should be sideways as you keep your hands gripped on either side of the handle. Next, move kettlebell directly behind your head. The kettlebell should be upside down and at head level. Next, move kettlebell over your left shoulder and next to your ear. The kettlebell should be sideways. Finally, move kettlebell back to starting position at your chest.
5. Alternate sides and repeat 10-15 times.

TURKISH GET UP



1



2



3



4

1. Lay on the ground with legs straight in front of you.
2. Your left arm should be extended straight out to the side and your right hand should be holding the handle of your kettlebell resting by your shoulder.
3. Raise kettlebell straight in the air.
4. Begin to bring yourself up.

TURKISH GET UP (CONT.)



5



6



7



8

5. Lift your kettlebell with straight above your shoulder and bend your right leg so your foot is flat on the ground.
6. Keeping the kettlebell raised, begin sitting up with your left forearm supporting yourself and extending to your palm.
7. Keep your left palm on the ground as you swing your left leg behind you to assume a kneeling position.
8. Straighten your body and lift your left palm off the ground. Bring your left leg forward to stand up.
9. Repeat by doing the steps in reverse order to lay back down.

KETTLEBELL SNATCH



1. Make sure your kettlebell is at a comfortable weight for this exercise.
2. Stand with your feet hip-width apart. Squat down to grip your kettlebell with one hand. Your knuckles should be facing forward.
3. Swing your kettlebell in between your legs for momentum. Swing your kettlebell in front of you with a straight arm.
4. As your kettlebell reaches chest level, let your kettlebell swing over your fist. Your knuckles should be facing behind you. Keep lifting your arm until it is straight above your shoulder.
5. When your arm is above your shoulder, the kettlebell should be behind your wrist. Lower the kettlebell back between your legs by flipping the kettlebell over your fist again.
6. Lower kettlebell and swing between legs to repeat sequence.
7. Repeat 10 times.

WARNING:

Do not use this product in ways not intended by its manufacturers. Failure to do so may result in severe injury or death. Consult your physician before engaging in any regular exercise. Do not use ProsourceFit products for anything other than their intended use. ProsourceFit is not responsible for any problems that arise from the misuse of this product.

LIMITED LIFETIME WARRANTY

Covers manufacturing defects including any defects in materials and workmanship. ProsourceFit has sole discretion to determine manufacturing defects. This Lifetime Warranty does not cover: normal wear and tear, misuse, failing to follow use, care, and safety instructions, loss and/or theft. This Lifetime Warranty applies to all types of defects or failure during standard use.

QUESTIONS, CONCERNS OR COMMENTS

Contact Customer Support by email: **support@prosourcefit.com** or by phone at **1 (855) 552-2637** and we will be happy to help you.



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