

FAQs

What is the right kettlebell size for me?

RAWFIT Kettlebells come in a variety of sizes: 4kg, 6kg, 8kg, 10kg, 12kg, 14kg, 16kg, 20kg, 24kg, 28kg, 32kg, 36kg, 40kg, 48kg, 56kg & 60kg. An average man who has some weight lifting & olympic lifting experience should start with a 16kg kettlebell. It does not sound like a lot but you'll find it vastly different to other forms of training and when learning the exercises its better to ere on the light side. Most will outgrow the 16kg for some of the pure strength moves in a matter of weeks and will need a heavier Kettlebell, usually 24kg is the next progression.

But you will always find use for the 16kg for warming up, high rep sets and various joint mobility and stretching exercises. If you were to purchase two Kettlebells, in most cases you are better off buying a heavier and a lighter Kettlebell rather than two of the same size. Double drills are excellent but should only be tackled once the single drills have been mastered.

The general guidelines of building a set is to have singles of the 16kg, 24kg & 32kg first, then move on to matching pairs as you advance in technique and strength.

The 32kg and 40kg Kettlebells are for the advanced kettlebell lifter. Once your competently throwing these sorts of weights around you'll have reached a very high level of conditioning.

An average woman should start with an 8kg kettlebell whereas a strong woman can go for a 12kg bell. Some women will advance to a 16kg and a few stronger women will go beyond.

START OUT WITH THE RIGHT KETTLEBELL!

Is it you?	Kettlebell to start with (kg)	Ideally, buy this set (kg)
A Beginner Lady	8	8, 12, 16
A strong lady	12	12, 16, 20
A beginner Man	12	12, 16, 24
An Average Man	16	16, 24, 32
A stronger-than average man	20	20, 24, 32
A very strong man	24	24, 32, 40

Can't I just do the exercises with dumbbells?

Yes, many Kettlebell exercises, such as presses can indeed be done with dumbbells, but the movement will be less effective. A good analogy would be comparing a free-weight bench press to a machine chest press.

You may be able to lift more on the machine, but you still won't recruit as much muscle as you would doing the corresponding movement with a barbell.

Other exercises, like bent presses and swings, would be more awkward to perform with dumbbells, because of their shape and balance. Exercises like around-the-body passes, would not be possible at all due to the dumbbell's design. With snatches and cleans, the flipping action of the Kettlebell provides excellent feedback and closure for each rep, and it's satisfying to hit the groove just right. Dumbbell snatches are no more than a swing, and dumbbell cleans merely resemble cheat curls.

Besides providing more versatility in exercise selection than a dumbbell, the unique design of the Kettlebell means an offset centre of gravity. For example, when you press it overhead, the mass remains outside the axis of the forearm, as opposed to being centred within the hand – as with a dumbbell. You must work throughout the movement, even at the top of the lift, to control the resultant lever arm.

Trunk and shoulder stabilizers are forced to contract harder and in greater numbers to control the 'awkward' weight. The range of motion is also increased in the military press- it does not restrict your shoulder on the bottom and it stretches it at the top. Because machines actually discourage the use of stabilizing muscles and three-dimensional motion, informed lifters have realised that they shouldn't rely on them.

Barbells and dumbbells recruit and build more muscle by adding an element of instability, or degrees of freedom. Kettlebells take things up another notch since you're constantly wrestling them for control, but in the process you receive even greater neuromuscular stimulation.

I heard that Kettlebells were used in the past only because they were easier and cheaper to build than dumbbells. Why should I use a primitive tool if I have access to better equipment?

There's no denying that the Kettlebell is a simple tool. That is its inherent strength and appeal. It is what you make of it that matters. In the hands of a novice lacking proper instruction, it may appear to be just a funny-looking awkward weight. As part of a structured training regimen it is unsurpassed as a training tool.

The first Kettlebell wasn't designed to be an exercise device. Its roots lie in agriculture and trade, having been originally used as a counterweight for measuring grain. According to lore, farmers and dockworkers tossed them around and their strength was admired. Eventually, it became an organized form of exercise.

The same, however, can be said for the first dumbbell. In the 18th century, steel rods were placed between pairs of church bells for a challenge lift. When the clappers were removed, the bells became silent, or dumb — thus the origin of the word dumbbell. Even though the first Kettlebells and dumbbells weren't actually designed for exercise, their modern incarnations have countless conditioning benefits and continue to provide ancient solutions to questions that hadn't yet been asked.

I already own my first Kettlebell – what should I buy next, another one of the same size or a bigger bell?

When building a set of Kettlebells the usual guidelines for adult men is get a singles of the 16kg, 24kg and 32kg bells first. Once you have a single set, work on getting doubles starting with another 16kg bell. Most double drills are done with Kettlebells of the same size. Two Kettlebells will add variety and intensity to your routine. But make sure you master the single arm drills first!

For most women, the guidelines are the same but with lighter bells – collect one each of 8kg, 12kg and 16kg bells, then start working on duplicates.

The physical and psychological benefits of using heavier bells make a lighter bell feel like a toy, even if you do only a couple of reps with the heavier one.

How quickly will the results come?

Kettlebell training forces the body to work harder- meaning rapid results! Controlling the offset centre of mass recruits numerous muscles, including the very important deep stabilizing ones. You find it impossible to neglect a body part especially when doing exercises like the clean and jerk. These full body exercises mean you can train your whole body a lot faster and as 'a unit'.

This sort of training is far superior to isolation exercises commonly seen in gyms. Like any form of effective training though, consistency is the key!

Are Kettlebells just another fad?

Kettlebells are nothing new, and they're not flashy. They previously took a back seat to dumbbells, barbells, and machines as people yearned for the quick fix and the easiest path to fitness.

Kettlebell training is a little more difficult and that turns many people off. But the fact that they have resurfaced signifies a turning point in the fitness industry, as a small group of the well-informed yearn to 'get back to basics,' and are willing to do the hard work required. Kettlebells are here to stay.

What's the difference between Pro Grade and classic kettlebells?

The Pro Grade Competition Kettlebells are our premium kettlebell product. Made from steel, the Pro Grade bell has been designed by the top Russian lifters and coaches for comfort and performance for serious kettlebell lifters. With a uniform size throughout, you do not need to change your technique when shifting between different weights.

The Pro Grade Competition Kettlebell handle is smaller in circumference, placing less fatigue on the grip during high rep snatch workouts. The Pro Grade Competition Kettlebell is indestructible and is ideal for anyone looking for the very best in with kettlebell training, especially those who train with high rep sets as in the Girevoy Sport.

How do I learn correct kettlebell lifting technique?

Like most new skills, proper kettlebell technique gives you better value for money. Although kettlebell lifting is not overly difficult, it does require some guidance to ensure safety and you get the most from your workouts. RAWFIT Kettlebells lead the way with education on kettlebell training by providing four ways to learn the intricacies of the sport.

- **Workshops**
- **DVDs and Books**
- **Personal training**

Aren't kettlebells a bit hardcore for me?

It's true that some hardcore and super strong athletes use kettlebells. This doesn't mean that they're only for those people. Kettlebell training can be adopted for men and women of all ages and fitness levels. If you want to reach your fitness goals, lose weight and improve your appearance, nothing will help you more than regular kettlebell training.

Isn't walking and aerobics more effective for weight loss?

Walking and aerobics aren't bad for you – it's just that they are NOT the most effective way to lose weight. Medical research has shown that cycling intense interval training with weights is a much more effective way to lose weight, burn calories and improve body composition. This is where kettlebells stand alone as the number one tool for this type of training and a sure ticket to that lean toned athletic body you've always desired.

Won't weight training bulk me up?

The short answer is- not if you don't want it to. Kettlebells will add lean muscle tissue if your under weight or will strip you down if your carrying unnecessary muscle bulk. Your left with a lean, strong wiry physique.

Isn't this type of training bad for your back?

This is a big misconception with kettlebell training. Correct training ensures that your back and core muscles are strengthened from all angles. You'll be left with a healthy spine with adequate range of motion in all the right areas with kettlebell training.