



SelectTech® 840 Kettlebell

Six Adjustable Weights in One Compact Design



Machine Features

- » Adjusts from 8 to 40 lbs.
- » 6 weight settings
- » Ergonomic handle
- » Weight selection dial
- » 2 year warranty

What is the 840 Kettlebell?

Technology

With the turn of a dial, you can easily adjust from 8 to 40 lbs., rapidly switch from one exercise to the next, and perform a wide variety of full-body exercises.

Performance & Quality

Space-efficient design replaces up to 6 kettlebells with weights at 8, 12, 20, 25, 35, and 40 lbs.

Comfort & Usability

Wide weight range offers a variety of workouts including swings, rows, squats, twists, and more.

Why SelectTech® 840 Kettlebell?

Space Efficient

Space-saving design means you can get a quality workout from nearly any room in your home.

Trainer-Led Videos

Access 24 trainer-led exercises that focus on foundational kettlebell techniques.

Total-Body Benefits

Provides cardio, strength, and conditioning while toning your arms, legs, and core.

Shorter Workouts

Crunched for time? Full-body engagement means efficient workouts in less time.



Ergonomic Handle



Weight Selection Dial



Compact Size



Adjusts from 8-40 lbs.

Kettlebell Specs

Dimensions

8.8" L x 7" W x 12.5" H

Assembled Product Weight

40.5 lbs.

Warranty

2 years

Trainer Videos

24 Trainer-Led Videos

Access foundational kettlebell techniques for beginners and athletes alike at Bowflex.com.

