



# 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?

<b>Space Efficient</b> Space-saving design means you can get a quality workout from nearly any room in your home.	<b>Trainer-Led Videos</b> Access 24 trainer-led exercises that focus on foundational kettlebell techniques.	<b>Total-Body Benefits</b> Provides cardio, strength, and conditioning while toning your arms, legs, and core.	<b>Shorter Workouts</b> Crunched for time? Full-body engagement means efficient workouts in less time.
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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](http://Bowflex.com).

