



WARRIOR GODDESS
KETTLEBELL TRAINING

TRAIN AT HOME

KETTLEBELL SHOPPING LIST



8 KG

Disclaimer

You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged

in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

This site offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on this site. The use of any information provided on this site is solely at your own risk.

Developments in medical research may impact the health, fitness and nutritional advice that appears here. No assurance can be given that the advice contained in this site will always include the most recent findings or developments with respect to the particular material.

All suppliers links and prices are accurate at time of creation: 1st September 2020

We are not liable for any purchases made.

© Copyright 2022 Warrior Goddess Kettlebell Training and its licensors

Where to get good kettlebells...

LOCATION	SHOP	PRICE RANGE (at time of creation)
United Kingdom Mainland	Powerhouse Fitness https://www.powerhouse-fitness.co.uk/bodymax-cast-iron-vinyl-coated-kettlebells	6kg £14.99 8kg £19.99
Northern Ireland	Podium for Sport https://podium4sport.com/product/nxg-neoprene-kettlebell-8kg/	Use code Warrior10 for 10% discount 6kg £21.54 8kg £28.74
Ireland (and Europe)	Rogue Kettlebells https://www.rogueeurope.eu/rogue-kettlebells-eu	6kg €39.33 8kg €42.35 12kg €42.80
United States	Walmart https://www.walmart.com/ip/Everyday-Essentials-Cast-Iron-Kettlebell-Single-15-lbs/322063059?selected=true	15lbs \$31.99 20lbs \$50.99 25lbs \$59.99
	Target https://www.target.com/p/kettlebell-all-in-motion/-/A-79295261?preselect=77459814#lnk=sametab	20lbs \$53.99 25lbs \$63.99
	Target https://www.target.com/p/gofit-ultimate-kettlebell-fit-pack/-/A-86900807#lnk=sametab	GoFit Ultimate Pack \$129.99 for 3 bells 10lb, 15lb, 20lb
	Onnit https://www.onnit.com/onnit-kettlebells	8kg \$39.95 12kg \$54.95
Canada	Walmart https://www.walmart.ca/en/ip/cap-barbell-cast-iron-kettlebell-10-50-lbs-25-lbs/6000064578697	15lbs \$49.97 CAD 25lb \$83 CAD
	Rogue Kettlebell Canada https://www.roguecanada.ca/rogue-kettlebell-e-coat	18lbs \$55 CAD 26lbs \$62 CAD