

# ADJUSTABLE KETTLEBELL

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ADJKBELL20, ADJKBELL40

422505, 422506



## Operator's Manual



Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

**ADJKBELL20 PARTS DIAGRAM/EXPLODED VIEW**

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KEY	DESCRIPTION	QTY
(1)	5 LB ADJUSTABLE KETTLEBELL	1
(2)	2.5 LB WEIGHTS	6

**ADJKBELL40 PARTS DIAGRAM/EXPLODED VIEW**

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KEY	DESCRIPTION	QTY
(1)	10 LB ADJUSTABLE KETTLEBELL	1
(2)	4.5 LB-6 LB WEIGHTS	6

## ADJUSTABLE KETTLEBELL PERFORMANCE TIPS

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- Before using the kettlebell of every time, please check the LOCK, and keep safe.
- When you pick the adjustable kettlebell up or set it down, tighten your abs.
- Grip the adjustable kettlebell on the thumb side of center
- Your head should be in front of your arm when its fully extended
- Add weight to your kettlebell if you can comfortably perform as exercise for 60 seconds without much effort.



## BONUS MOVES

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### THE SNATCH



Begin this movement like you would the high pull. Driving with your hips, swing the adjustable kettlebell out to your side with your elbow above your shoulder and your hands above your elbow. Then, in the same movement, twist your palm to the outside.

### THE WINDMILL



Begin in the snatch position. Shift your feet, bend at your waist, and bring your hand to your toes. Repeat the exercises for 30 seconds, then switch hands for another 30 seconds.

## THE WOOD CHOP



Start with your feet in a wide position. Shift on the balls of your feet and bring the adjustable kettlebell down across your outer foot. Move the kettlebell up and across your body, extending to the opposite side. Repeat the exercise for 30 seconds & switch hands for another 30 seconds.

## THE FIGURE 8 WITH HOLD



Hold the adjustable kettlebell as shown. Bring it down through your legs and pass it to the opposite hand. Swing it around and back up to hold. Repeat the exercises for one minute.

## ADJUSTABLE KETTLEBELL NUTRITION

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The adjustable kettlebell workout is all about listening to our body. You know when its time to step it up. You know if you can handle more weight, more time, more moves, it's the same with nutrition.

Adjustable kettlebell nutrition is all about listening intuitively to your body. You know which food gives you the most energy, which food makes you feel tired, and those that leave you feeling empty. By being aware of what you eat and how your body reacts, you are giving your body the opportunity to tell you what works and what doesn't

For Example:

1. At a baseball game, you decide to buy nachos with extra cheese and a large cola.
2. At a soccer game, you bring a turkey sandwich on wheat bread with an apple and a water bottle.

Which food situation will yield the most energy? Will the nachos make you feel fatigued? Sluggish, Bloating? Will the turkey sandwich an apple give you energy? Make you feel satisfied? Only you can decide what food work best with your system, listen to your body and understand its need.

When you listen to your body and reach intuitively to what it's telling you, your energy level will be high, you will make healthier choices and you'll find that every aspect of your life is enriched.

**WEEKS 1-4**

Perform the standard exercise circuit 2-3 times each week, increasing weight as described on last page.

**WEEK 1**

- Workout 1
- Workout 2
- Workout 3

Total \_\_\_\_\_.

**WEEK 2**

- Workout 1
- Workout 2
- Workout 3

Total \_\_\_\_\_.

**WEEK 3**

- Workout 1
- Workout 2
- Workout 3

Total \_\_\_\_\_.

**WEEK 4**

- Workout 1
- Workout 2
- Workout 3

Total \_\_\_\_\_.

**WEEKS 5-8**

Perform the standard exercise circuit 3-5 times each week, adding the bonus moves as your fitness level increases.

**WEEK 5**

- Workout 1
- Workout 2
- Workout 3
- Workout 4
- Workout 5

Total \_\_\_\_\_.

**WEEK 6**

- Workout 1
- Workout 2
- Workout 3
- Workout 4
- Workout 5

Total \_\_\_\_\_.

**WEEK 7**

- Workout 1
- Workout 2
- Workout 3
- Workout 4
- Workout 5

Total \_\_\_\_\_.

**WEEK 8**

- Workout 1
- Workout 2
- Workout 3
- Workout 4
- Workout 5

Total \_\_\_\_\_.

**4-week Assessment**

**[1=5 workouts]**

You haven't even started!

**[6-9 workouts]**

You need some improvement!

**[10-12 workouts]**

You are on your way!

4-week total \_\_\_\_\_ /12

**8-week Assessment**

**[1=5 workouts]**

You should give your kettlebell to someone who will use it!

**[6-9 workouts]**

Still need some improvement!

**[10-12 workouts]**

Time to take on the world!

8-week total \_\_\_\_\_ /20

## STANDARD EXERCISES OF ADJUSTABLE KETTLEBELL

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### THE SWING



Start with the adjustable kettlebell on the ground. Pick the kettlebell up and swing it between your legs and up to chest level. Keep your shoulders nice and tight. The bell should never come above your head. In the same movement, lower the kettlebell and repeat the exercise for 30 seconds, then switch hands for another 30 seconds.

### THE HAND PASS



This technique is used in many of the standard exercises. Start with the adjustable kettlebell in the swing motion. Switch hands at the apex of your swing. At the transition point, grab the kettlebell with your other hand and complete the swing.

### THE CLEAN



Swing the kettlebell up with a small hip bump and roll it to rack. Next, bump your shoulder to roll the adjustable kettlebell out of rack. Repeat the exercise for 30 seconds then switch hands for another 30 seconds.

## THE CLEAN AND PRESS



Start this move with the clean. At the rack position, press straight up to with your other hand out for balance. Do a slight rotation with your palm ending forward. Roll the kettlebell back to rack and bump your shoulder to roll the kettlebell out of rack.

## THE SQUAT



Start in the clean position with your other hand out for balance. Squat down, raise back up and finish with a hip bump, squeezing your glutes. Continue the squatting movement for 30 seconds, then switch hands for another 30 seconds.

## THE HIGH PULL



Swing the kettlebell out to the side with your elbow above your shoulder and your hands above your elbow. Use a first bump to restart the path back down. Repeat the exercise for 30 seconds, then switch hands for another 30 seconds.



## ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

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This equipment must be used with care by capable and competent individuals under supervision,

## WARNING

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Heavy object. Use lifting aids and proper lifting techniques when moving.



Choking hazard. Small parts - Please exercise caution if small children or pets are present.



Sharp objects may be involved. Use precaution and protection.

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**1-888-410-1503**

[info@titan.fitness](mailto:info@titan.fitness)

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