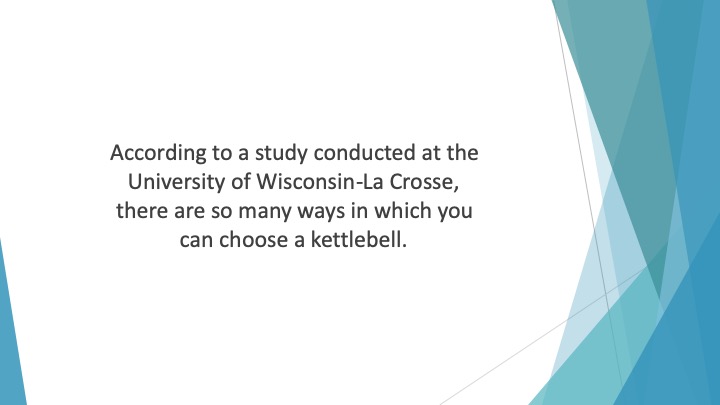
**Chapter 1: How To Choose A Kettlebell**

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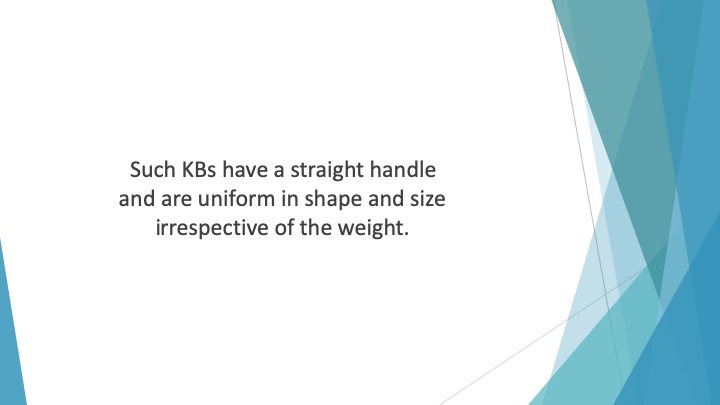
**S1** : In this video, we’ll talk about “How To Choose A Kettlebell”



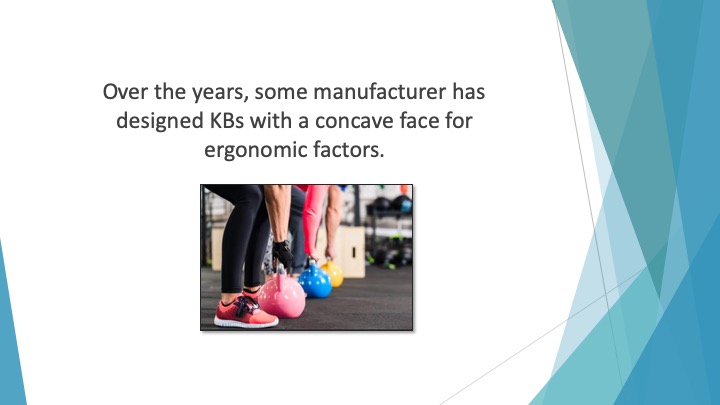
**S2 :** According to a study conducted at the University of Wisconsin-La Crosse, there are so many ways in which you can choose a kettlebell. Mostly, the KBs vary in designs.



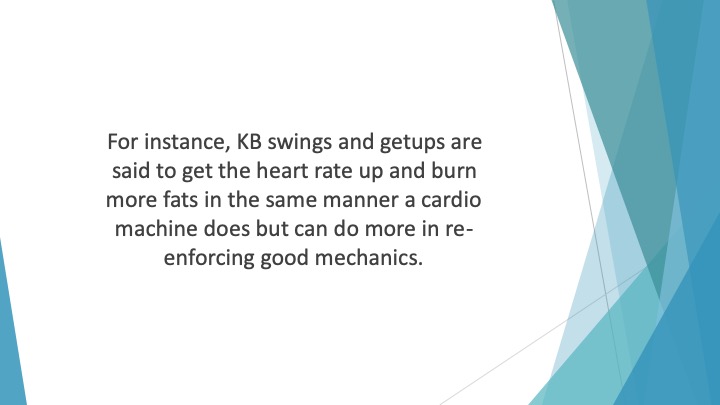
**S3** : There are those that are coated with rubber to protect the floors from the resulting impact. Other designs are designed specifically for competitions.



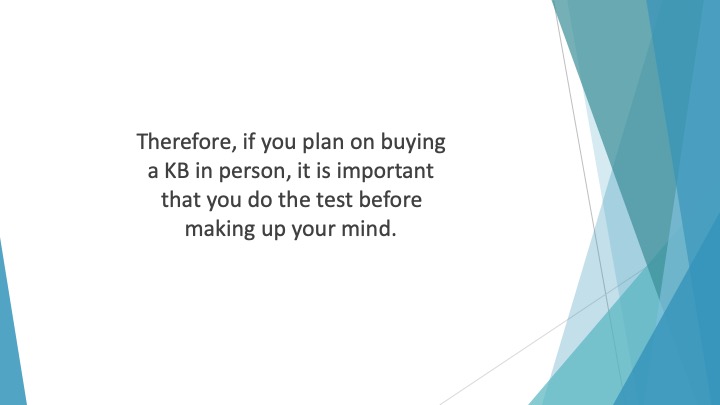
**S4 :** Such KBs have a straight handle and are uniform in shape and size irrespective of the weight.



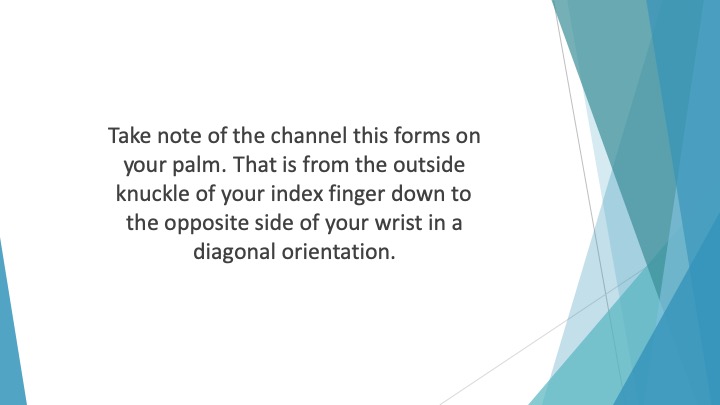
**S5 :** Over the years, some manufacturer has designed KBs with a concave face for ergonomic factors. Others like the newfangled KBs work the same way as DBs which means that they can be loaded with plates to offer it multiple weight changes with just a single implement.



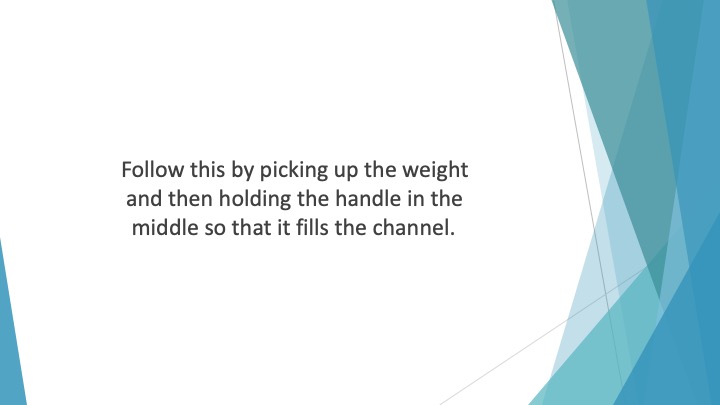
**S6 :** For instance, KB swings and getups are said to get the heart rate up and burn more fats in the same manner a cardio machine does but can do more in re-enforcing good mechanics.



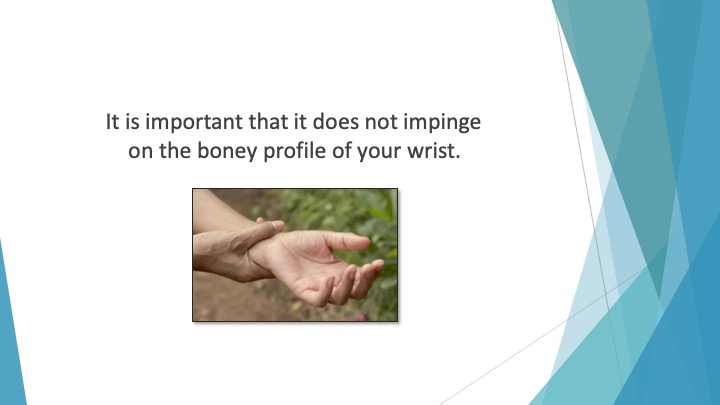
**S7 :** Therefore, if you plan on buying a KB in person, it is important that you do the test before making up your mind. Start by holding up your hand and touch your thumb to the tip of your pinkie.



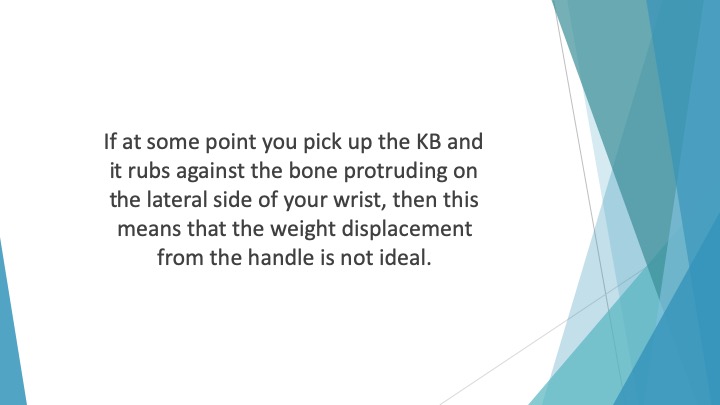
**S8 :** Take note of the channel this forms on your palm. This is the point at which the KB handle is supposed to rest most of the time. That is from the outside knuckle of your index finger down to the opposite side of your wrist in a diagonal orientation.



**S9 :** Follow this by picking up the weight and then holding the handle in the middle so that it fills the channel. Ensure that the bell rests on the back of your forearm and that the wrist at this point is straight.



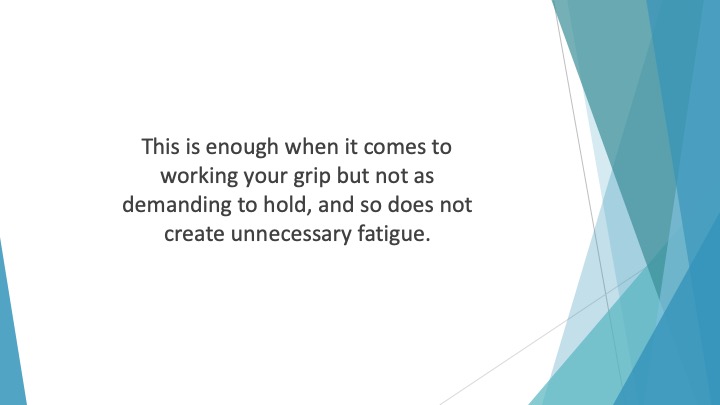
**S10 :** It is important that it does not impinge on the boney profile of your wrist.



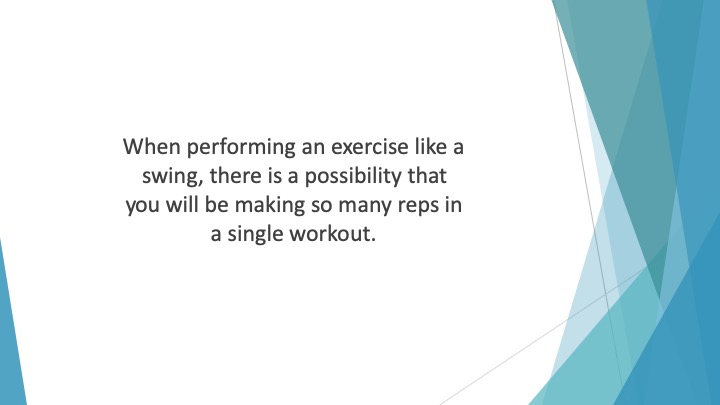
**S11 :** If at some point you pick up the KB and it rubs against the bone protruding on the lateral side of your wrist, then this means that the weight displacement from the handle is not ideal. In other words, there is a high risk of you getting injured.

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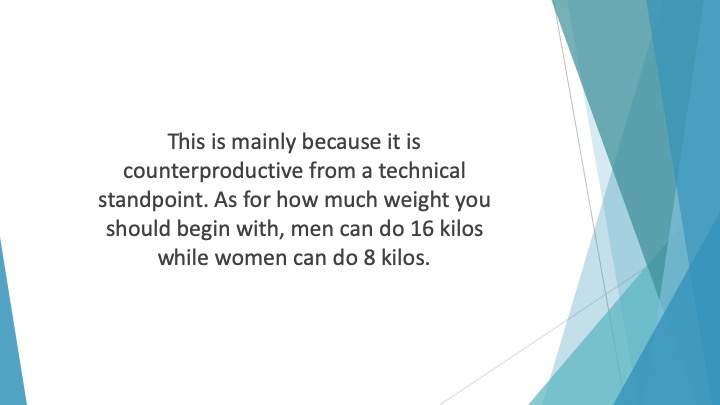
**S12 :** The best safety tip at this point is for you to avoid choosing a KB that has a thick handle. You will realize that Onnit's handles have a diameter that is a little over an inch.



**S13 :** This is enough when it comes to working your grip but not as demanding to hold, and so does not create unnecessary fatigue.



**S14 :** When performing an exercise like a swing, there is a possibility that you will be making so many reps in a single workout. The key here is to ensure that your grip does not burn out.



**S15 :** This is mainly because it is counterproductive from a technical standpoint. When the grip is overworked, there is a chance that you will see a whole slew of mechanical problems that will occur. As for how much weight you should begin with, men can do 16 kilos while women can do 8 kilos.