Neoprene 4 In 1 kettle Bell

Specifications

The Reload Neo is built around a smart, ergonomic frame that lets you train in multiple ways:

1. Kettle bell Mode – Grab the main handle and move through swings, cleans, goblet squats and carries.
2. Dumbbell Mode – Hold the side grips for presses, rows, lunges and curls.
3. Double-Grip Ball Mode – Use both side handles together for controlled core work, Russian twists, halos and loaded carries.
4. Push-Up Stand Mode – Place it flat on the floor for stable push-ups and plank variations.

- Available Sizes : 4, 6, 8, 10, 12, 14, 16 kgs



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