

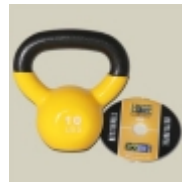


Black Diamond Fitness

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GoFit - KettleBell 10 lb

Price per Unit (piece): \$29.99



Product Details

As seen on [E! News](#)

Also featured on *The Big Idea with Donny Deutsch* (11/27 on CNBC)

GoFitKettlebells, the hot new dynamic training tool that deliver an intense workout that can be done in half the time of a traditional workout, while producing twice the results. GoFit Kettlebells feature a class-defining oversized, powder coated handle that makes them more user-friendly, less slippery, and easier to transition from hand to hand. They're color-coded for easy weight designation and floor-friendly with premium vinyl dipping. Of course, they come with an industry first, world-class education by Sarah Lurie founder of IRON CORE Fitness and the nation's leading kettlebell expert.

[What size kettlebell is appropriate for you?](#)

Fit females begin with 15 to 20 pounds.

Ladies who are just getting started with an exercise program can begin with 10 pounds.

Fit males begin with 25 to 35 pounds.

Men who are just getting started with an exercise program can begin with 15 to 20 pounds.

[Vendor Information](#)