

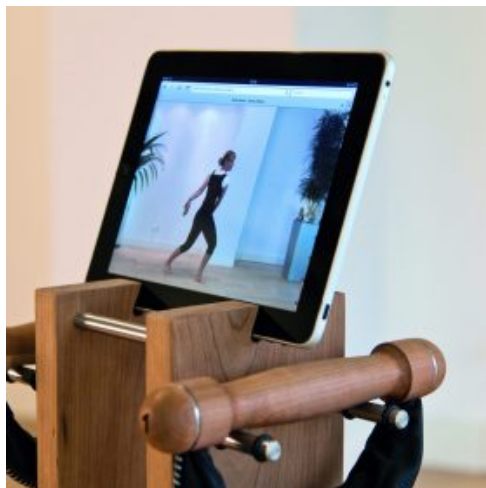
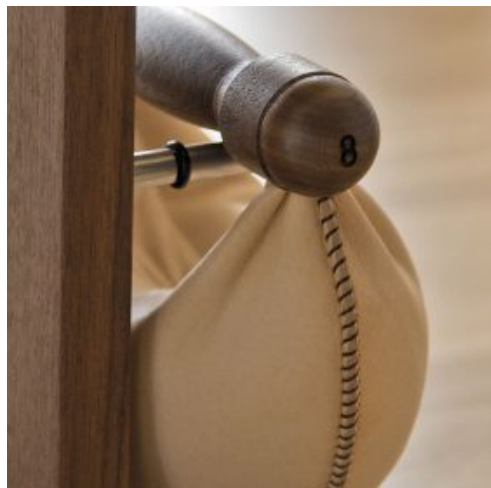


NOHRD SWING BELLS

[NOHRD](#) Swing Bells are a modern variation of Kettlebells, known from CrossFit workouts. Original Kettlebells are solid, cannonball-shaped and with a simple grip. The SwingBell shifts its center of gravity, due to its iron pellet filling, extending the exercise motion beyond your arm. The result is targeted stimulation of your connective tissue (fascia), joints and muscles, increasing overall performance and resilience.



MORE VIEWS



SPECIFICATIONS

Weight	70 kg
Dimensions	15 × 15 × 84 cm
Colour	Ash, Cherry, Club, Oak, Walnut
Stand	Board, Tower
Weight	2kg, 4kg, 6kg, 8kg
Warranty	1 year: all other parts, Upgradeable to 3 Years on all Components and 5 Years on all Wooden Components