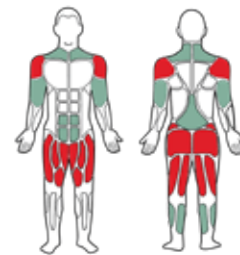
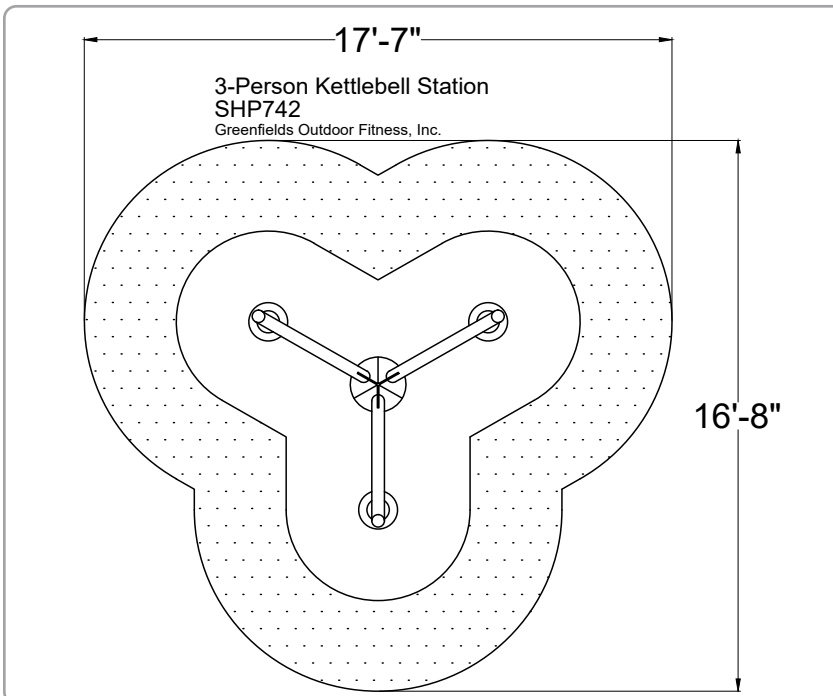




VIEW THE VIDEO



www.greenfieldsfitness.com/3-person-kettlebell-station-video/



Target muscles
Secondary muscles

Kettle Bell Weights

- 20 lbs
- 32 lbs
- 50 lbs

- Tones arms
- Strengthens lower body (quads, hamstrings, and glutes)
- Develops posture control
- Improves cardiovascular endurance
- Increases grip strength