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## Best Kettlebells of 2024

By [Amanda Capritto](#)



Reviewed by [Marlo Jappen Porto](#)

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Kettlebells are a versatile tool for building strength and increasing conditioning. Amine Rahal, fitness coach and the founder and CEO of Gymless, says he likes kettlebells for helping with the unique blend of strength, flexibility, and high-intensity cardiovascular training.

“They engage multiple muscle groups simultaneously, improving coordination, balance, and core strength in one swift motion,” he says. “Their versatility allows even beginners to perform a wide range of exercises like Russian swings, Turkish get-ups, and snatches, making them an excellent tool for full-body workouts that increase functional strength.”

While they're relatively simple pieces of equipment (especially compared to, say, a treadmill), finding the best kettlebells involves analyzing several important features and considerations, which the author of this piece, certified personal trainer and certified functional training specialist Amanda Capritto, dives into below.

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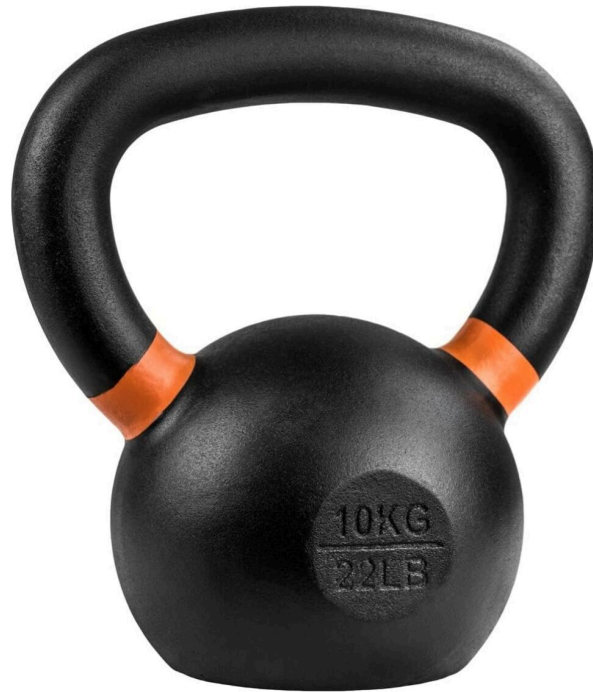
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## Best Overall

**REP Fitness Kettlebell »**

**PROS:**

- ✓ Solid cast-iron construction with powder coating for durability
- ✓ Available in kilograms and pounds
- ✓ Color-coded bands for weight indication
- ✓ Weight stamped on face of bell
- ✓ Wide, textured handle for grip

**CONS:**

- ✗ Handle might be too thick for beginners
- ✗ Some people may find the handle rough on skin

[Buy From Amazon](#)

Our pick for the best kettlebells for the money is the REP Fitness Kettlebells. These are available in both a kilogram and pound version so buyers can choose the option that best fits their liking. The pound version is available in weights from 5 to 50 pounds, with 5-pound weight increments. The kilogram

version is available in weights from 1 kilogram up to 48 kilograms with 2-kilogram weight increments.

Constructed of solid cast iron with a powder coating, these kettlebells are built to last and provide great grip. Each bell features color-coded dual bands at the base of the handle to indicate the weight. The weights are also stamped on the face of each bell so you'll never be guessing what you're working with. The REP Fitness Kettlebell is gravity die-cast, meaning the molten metal is poured into a single mold and results in a more precise weight with a smoother finish compared to other casting methods.

If there are any downsides to this product, one would be the diameter of the handle. The heavier bells have a handle diameter of about 40 millimeters, which some people may find hard to grip, especially beginners. Running at a cost between \$1.99 to \$3.99 per pound depending on the weight you choose – smaller bells cost more per pound – this isn't the cheapest option out there. However, they're very reasonably priced for the quality and should last a lifetime with proper care.

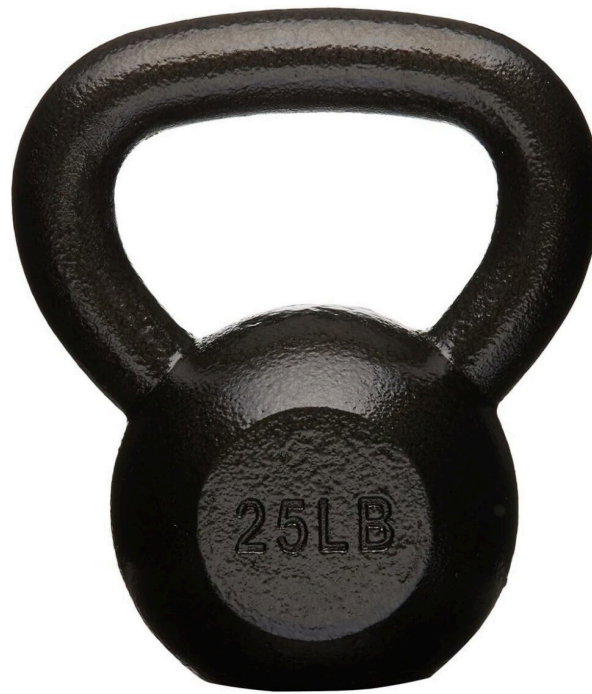
Specs

List Price:	Starting at \$14.99 (1 kg) or \$19.99 (5 lbs.)
Material(s):	Cast iron with powder coating
Weight Range:	1-48 kgs or 5-50 lbs.

[Buy From Amazon »](#)

Best Budget

**AmazonBasics Cast Iron Kettlebell »**

**PROS:**

- ✓ Inexpensive and often on sale
- ✓ Wide, textured handle to help with grip
- ✓ Available in a range of weights
- ✓ Flat base for stability

**CONS:**

- ✗ Not marked in kilograms
- ✗ Enamel coating is prone to cracking and chipping
- ✗ No color coding for weight indication

[Buy From Amazon](#)

If a simple, no-frills kettlebell at a good price is what you're after, the AmazonBasics Cast Iron Kettlebell should be on your shopping list. Available in a range of weights (10, 15, 25, 35, 40, 45, and 50 pounds), this basic kettlebell starts at a price of just \$17.20 for the 10-pound option. Per pound, that means you're paying just \$1.72, which is prime since gym equipment often goes for more than \$2 per pound of weight.

The AmazonBasics Cast Iron Kettlebell isn't the best kettlebell that money can buy, according to strength training coach Amanda Capritto, the author of this piece, but she believes it represents one of the best values for a

kettlebell that you can get. If you set your expectations accordingly – this is a budget product from a generic brand – you’ll be happy with your purchase.

Constructed from solid cast iron, these kettlebells will last, though the enamel coating may crack or chip over time. While there aren’t any color-coded bands to indicate the weight of each bell, there’s an engraved stamp on the face of each one.

Specs

List Price:	Starting at \$17.20 (10 lbs.)
Material(s):	Cast iron
Weight Range:	15-50 lbs.

[Buy From Amazon »](#)

Best Adjustable

**Bowflex SelectTech 840 Adjustable Kettlebell »**

**PROS:**

- ✓ Serves as six kettlebells in one to save space
- ✓ Adjusts from 8 to 40 pounds
- ✓ Quick-turn dial for weight adjustment
- ✓ On-demand workouts available with the JRNY app

**CONS:**

- ✗ Handle is thin and somewhat slippery
- ✗ Max weight is just 40 pounds

[Buy From Amazon](#)

Adjustable kettlebells are the ideal solution for individuals who want a full set of kettlebells but don't have the space for multiple or a rack to store them. Featuring a quick-turn dial for weight adjustment and a range of 8 to 40 pounds, the Bowflex SelectTech 840 Adjustable Kettlebell is an excellent option for beginner to intermediate lifters. It replaces six individual kettlebells with one, saving you both space and money.

Capritto’s favorite feature of the SelectTech 840 is that it feels like a regular kettlebell. Often, adjustable kettlebells and [adjustable dumbbells](#) have an awkward shape and require an adjustment to one’s technique. This isn’t the case with this adjustable model, as its typical bell shape means you can easily perform swings, squats, and other movements without altering your grip or wrist position.

One callout about the SelectTech 840 is that it has a plastic housing. While the weight plates inside are made of steel, the outer shell isn’t as durable. Be sure to set the bell down carefully after each set rather than allowing your body’s momentum to let it crash to the floor. Additionally, the handle on this kettlebell is quite thin compared to a traditional kettlebell handle, and it’s not textured. It may feel slippery during use, so consider having gym chalk handy.

Even considering its minor drawbacks, the Bowflex SelectTech 840 Adjustable Kettlebell is a fantastic value, essentially providing six kettlebells for the price of around two or three traditional ones.

Specs

List Price:	\$149
Material(s):	Plastic and steel
Weight Range:	8-40 lbs.

[Buy From Amazon »](#)

Best for Beginners

Kettle Gryp »



**PROS:**

- ✓ Great for beginners and advanced exercisers alike
- ✓ Makes it easy to use dumbbells as kettlebells
- ✓ Budget-friendly
- ✓ Portable and space-saving design

**CONS:**

- ✗ Requires dumbbells for use
- ✗ Max weight is 55 pounds

[Buy From Amazon](#)

For beginners, author Amanda Capritto recommends the Kettle Gryp due to its unique use and value proposition: For less than \$40, you can turn any dumbbell up to 55 pounds in weight into a kettlebell. This low-cost option allows beginners to start training kettlebell movement patterns without investing in a new set of weights.

The Kettle Gryp is ideal for beginners who are looking to get started with kettlebell training, home gym owners who already have a set of dumbbells but not kettlebells, individuals who go to a gym where there are dumbbells

but not kettlebells, and people who travel often and frequent [hotel gyms](#). This simple product snaps onto the handle of a dumbbell, effectively creating a kettlebell in seconds. It weighs less than 1 pound and can fit into a small backpack, making it portable and easy to use.

Though it’s small, it’s not cheaply made. The Kettle Gryp is constructed from acrylonitrile butadiene styrene (ABS) plastic, an impact-resistant form of plastic, with urethane foam inserts to absorb shock. All hardware in the product is stainless steel.

This unique product can save you hundreds if not thousands of dollars on a set of kettlebells if you already have access to a set of dumbbells.

Specs

List Price:	\$34.95
Material(s):	ABS plastic, stainless steel, and urethane
Weight Range:	Up to 55 lbs.

[Buy From Amazon »](#)

Best for Advanced Lifters

**Bells of Steel Competition Kettlebells »**

**PROS:**

- ✓ Meets international competition specifications
- ✓ Available in up to 48-kilogram (106-pound) versions
- ✓ Uniform size throughout entire weight range
- ✓ Hollow core for balance

**CONS:**

- ✗ Expensive
- ✗ Untextured handle may feel slippery

[Buy From Amazon](#)

Competition-style kettlebells are the ideal option for individuals who are looking to optimize their performance or get into competing. This type of kettlebell differs from a standard kettlebell in a few ways. For starters, the size and shape are uniform across all weights: A 10-kilogram competition bell looks and measures the same as a 40-kilogram competition bell.

Competition kettlebells are made of steel (not cast iron) and typically feature a rubber coating on the bell portion with a bare steel handle. They also have

a hollow core, which assists with balance throughout the range of motion of a kettlebell lift.

The Bells of Steel Competition Kettlebells meet international specifications for competition. Available in a range of weights from 4 kilograms (9 pounds) to 48 kilograms (106 pounds), you can customize a full set of competition kettlebells from the Bells of Steel selection. Note that the bare steel handle will feel slippery in comparison to a cast-iron bell handle and the competition style of the bell can take some getting used to.

Due to the price of these kettlebells, which range from about \$50 to \$470 depending on which weight you select, the author doesn't recommend them for people who aren't sure if they'll stick with kettlebell training. Instead, they're best suited for individuals who are ready to make a big investment in their kettlebell proficiency.

Specs

List Price:	Starting at \$49.99 (4 kgs)
Material(s):	Steel and rubber
Weight Range:	4-48 kgs (9-106 lbs.)

[Buy From Amazon »](#)

Best for a Comfortable Grip

**Yes4All Powder-Coated Kettlebells »**

**PROS:**

- ✓ Powder coating helps with grip
- ✓ Textured handle prevents slip
- ✓ Wide handle easily fits both hands with no pinching
- ✓ Color-coded rings to indicate weight
- ✓ Marked in both kilograms and pounds

**CONS:**

- ✗ Powder coating may crack or chip over time
- ✗ Some reports of receiving damaged product

[Buy From Amazon](#)

Gripping kettlebells can be uncomfortable, but some designs alleviate common issues such as slippery grip and pinching skin. The Yes4All Powder-Coated Kettlebells are comfortable to grip and boast a durable construction, according to customers, and they're compact as well. These cast-iron kettlebells feature slightly textured handles to make them easy to

grip – no need to use chalk. Plus, its powder coating prevents your hands from slipping.

Aside from their great grip, the Yes4All Powder-Coated Kettlebells feature a number of the same characteristics as more expensive options: dual color-coded bands, weights stamped into the face of the bell, and a flat, stable base. Starting at \$24 for a 9-kilogram (4-pound) kettlebell, the pricing is reasonable, too. (Note that the price per pound decreases as the weight increases.)

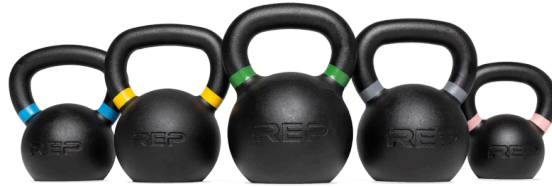
Specs

List Price:	Starting at \$24 (9 lbs.)
Material(s):	Solid cast iron with powder coat
Weight Range:	4-24 kgs (9-53 lbs.)

[Buy From Amazon »](#)

Best Set

REP Fitness Kettlebell Set »

**PROS:**

- ✓ Best quality set for the money
- ✓ Stamped with kilogram and pound labels
- ✓ Durable construction
- ✓ Textured coating for grip

**CONS:**

- ✗ Handle diameter is thick
- ✗ Pricey

[Buy From Amazon](#)

The best kettlebell set is the bulk version of our top pick, the REP Fitness Kettlebell. This set comes with five or 10 bells. The weight range of 8 to 24 kilograms (18 to 53 pounds) is enough for most individuals and allows beginners to steadily progress as they get stronger.

You can opt to buy a single set, which consists of one 8-kilogram (18-pound), one 12-kilogram (26-pound), one 16-kilogram (35-pound), one 20-kilogram (44-pound), and one 24-kilogram (53-pound) kettlebell. Or, you can choose to buy a double set, which includes two of each of the aforementioned

kettlebells. The single set costs about \$350, and the double set with 10 bells costs about \$700.

Compared to buying all of these kettlebells individually, you can save a few bucks – about \$10 to be exact. It's not much, but when you're outfitting an entire home gym, it pays to be smart about your purchases and buy in bulk when it makes sense.

## Specs

**List Price:** Starting at \$345.99 (set with five bells)

**Material(s):** Cast iron with powder coat

**Weight Range:** 8-24 kgs or 18-53 lbs.

[Buy From Amazon »](#)

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## The Bottom Line

Choosing the right kettlebell for your home exercise routine comes down to three main things: your current fitness and strength, storage availability, and value. The REP Fitness Kettlebells represent the best value due to their reasonable pricing, durable construction, and range of weights available.

## Things To Consider When Buying Kettlebells

**Weight Options:** "The weight should be challenging but manageable for your fitness level, goals, and the exercises you plan to do the most," says Rachel MacPherson, certified personal trainer and certified strength and conditioning specialist (CSCS). "For example, heavier bells are ideal for compound movements, carries, or if you're



using only one kettlebell at a time, whereas lighter ones are great for muscular endurance work or movements that use smaller muscle groups, such as biceps, delts, and triceps.”

One of the great things about kettlebells is that they’re suitable for beginners to advanced exercisers, says Rahal: “The key is to start with the right weight and learn the proper form to ensure safety and effectiveness.”

“Beginners should be careful when choosing the appropriate weight. It’s crucial to start light and gradually increase as strength and technique improve,” he adds. “Learning proper form from a certified instructor or through reputable resources is essential to prevent injury and maximize the benefits of kettlebell training. I recommend newcomers to kettlebells should focus on developing a solid foundation with basic moves, such as the Russian kettlebell swing.”

**Design and Grip:** MacPherson says, “The handle should be wide enough for both hands, and the material should be durable and comfortable to hold.” This generally means a handle diameter between 33 and 38 millimeters along with some sort of textured coating, such as a powder coat.

Rahal adds, “The handle width is important for comfort and grip, especially during exercises that require holding the kettlebell with both hands. I much prefer iron kettlebells due to their durability. They also typically have a more comfortable grip compared to those with a glossy finish, which becomes slippery when sweaty.”

**Portability and Storage:** If storage is an issue for you, consider an adjustable kettlebell instead of a traditional cast-iron kettlebell. One adjustable kettlebell can replace as many as eight individual kettlebells, thereby saving a great deal of floor space (and the need for a kettlebell rack). Standard kettlebells are all more or less the same size for their weight, so size isn’t a major factor in that sense.

## How We Chose the Best Kettlebells

This guide to the best kettlebells is the culmination of years of kettlebell use by the author, Amanda Capritto, in various gym settings and as a professional gear reviewer. In addition to personal experience with a variety of kettlebells, Capritto

used her deep knowledge of the fitness industry to inform this guide, as well as consumer insight research and interviews with strength training experts including fitness coach and founder and CEO of [Gymless](#) Amine Rahal and certified personal trainer and certified strength and conditioning specialist [Rachel MacPherson](#).

## WHY SHOULD YOU TRUST US?

The author of this guide, [Amanda Capritto](#), has more than six years of experience writing about health, fitness, and consumer products. Aside from her contributions to U.S. News 360 Reviews, including the [best hiking boots](#) and [running gloves](#), she has covered fitness for dozens of global outlets, including CNET, Verywell Fit, Health, Shape, and more. Notably, Capritto is a certified personal trainer, a CrossFit Level 1 coach, a certified corrective exercise specialist, and a certified sports nutrition coach.

## FAQ

**What exercises can I do with kettlebells?**



**Can kettlebells damage my floors?**



**What type of handle is easiest on the hands?**



## About Our Team

**Amanda Capritto**

Contributor

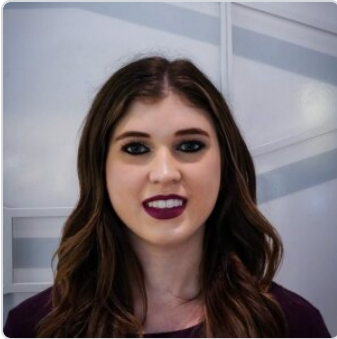


Amanda Capritto is a content writer and journalist with extensive experience covering health, fitness, outdoors, and



nutrition. She is a certified personal trainer, a sports nutrition coach, and the founder of Smarter Sweat, a fitness coaching business where she focuses on helping individuals reach their full potential in the outdoors.

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## Marlo Jappen Porto

Former Editor



Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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