

# | SelectTech® 840 Kettlebell



## Swing, squat, twist with a kettlebell that adjusts up to 40 lbs.

### Space-saving design

Get more workout in less space by replacing 6 kettlebells with one. SelectTech's all-in-one systems let you up the challenge without needing multiple weights.

### Adjusts from 8 to 40 lbs.

Selection dials easily take you from one exercise to the next, adjusting from 8 to 40 pounds.<sup>1</sup>

### Exclusive SelectTech workouts

Find trainer-led classes developed exclusively for the SelectTech Kettlebell with the JRNY® app.<sup>2</sup>

### Additional features

- Use your phone or tablet to work out with JRNY®<sup>2</sup>
- Ergonomic handle
- Weight selection dial

# SelectTech® 840 Kettlebell



Ergonomic handle



Adjusts from 8 to 40 lbs.<sup>1</sup>

## Product details

### Dimensions:

8.8" L x 7" W x 12.5" H (22.4 x 17.8 x 31.8 cm)


### Assembled weight:

40.5 lbs (18.4 kg)

### Weight settings:

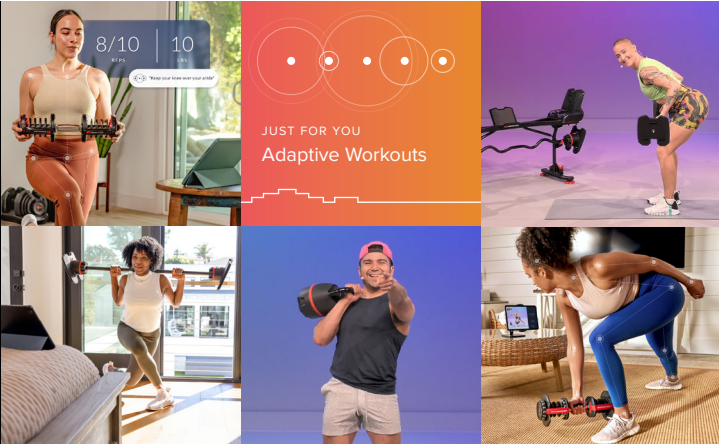
8, 12, 20, 25, 35 and 40 lbs. (3.6, 5.4, 9, 11.3, 15.9 & 18.1 kg)<sup>1</sup>

Warranty: Parts: 2 years



**Try a JRNY Mobile-Only Membership free for 2 months.<sup>4</sup>**

- Adaptive workouts
- Motion Tracking<sup>3</sup>
- Trainer-led classes
- Performance tracking
- Whole-body workouts



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JUST FOR YOU Adaptive Workouts

<sup>1</sup> Due to tolerances in the manufacturing process, individual weight plates may vary slightly from their stated weight values. <sup>2</sup> Membership required for full JRNY® experience. <sup>3</sup> iPad or Android tablet or phone required for Motion Tracking. <sup>4</sup> Offer limited to new JRNY members and subject to change without notice. JRNY® membership auto renews annually at then-current annual rates, plus applicable taxes, unless canceled at least 48 hours before free period ends. © 2023 BowFlex Inc. All rights reserved. BowFlex Inc. (www.corporate.bowflex.com) trademarks include BowFlex®, BowFlex Xtreme®, Max Trainer®, SelectTech®, JRNY™, and respective logos. Other trademarks are the property of their respective owners. BowFlex Inc. 17750 SE 6th Way, Vancouver, WA 98683.