Kettlebells/kettleballs can be a fun way to get a total body strength training workout with cardio benefits as well. However, it is highly recommended that if you are new to kettlebells/kettleballs, you begin with light weight in order to establish correct form for all exercises and avoid injury (even if you consider yourself well conditioned).

1. **DO NOT** perform swinging movements near mirrors.  
2. If using a heavier weight pick up kettleball with both hands.  
3. **DO NOT** drop kettleballs.  
4. **DO NOT** throw kettleballs.  
5. **There must be at least one hand holding the kettleball at all times**  
6. Be aware of your surroundings at all times.  
7. **DO NOT** perform exercises that you are unfamiliar with. Always enlist in the services of a professional if you are unsure of what you are doing.

![Color Coded Weight Guide]

**Beginner:** 5, 8 lb.  
**Intermediate:** 10, 12, 15 lb.  
**Advanced:** 20, 25, 30, 35 lb.