

| 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.¹

Exclusive SelectTech workouts

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

Additional features

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

SelectTech® 840 Kettlebell



Ergonomic handle



Adjusts from 8 to 40 lbs.¹

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)¹

Warranty: Parts: 2 years

Jrny

Try a JRNY Mobile-Only Membership free for 2 months.⁴

- Adaptive workouts
- Motion Tracking³
- Trainer-led classes
- Performance tracking
- Whole-body workouts

JUST FOR YOU Adaptive Workouts

¹ Due to tolerances in the manufacturing process, individual weight plates may vary slightly from their stated weight values. ² Membership required for full JRNY® experience. ³ iPad or Android tablet or phone required for Motion Tracking. ⁴ 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.