

05 - 3005

KATHY SMITH'S KETTLEBELL SOLUTION | 05-3005R (RETAIL)



- One 3 lb. soft kettlebell
- One 5 lb. soft kettlebell
- 75 minute workout DVD: 4 workouts in one DVD to burn fat and target upper body, buns and thighs, core
- Includes The Kathy Smith Nutrition Solution and Kettlebell Workout Wall Chart

Light weight and sand filled

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