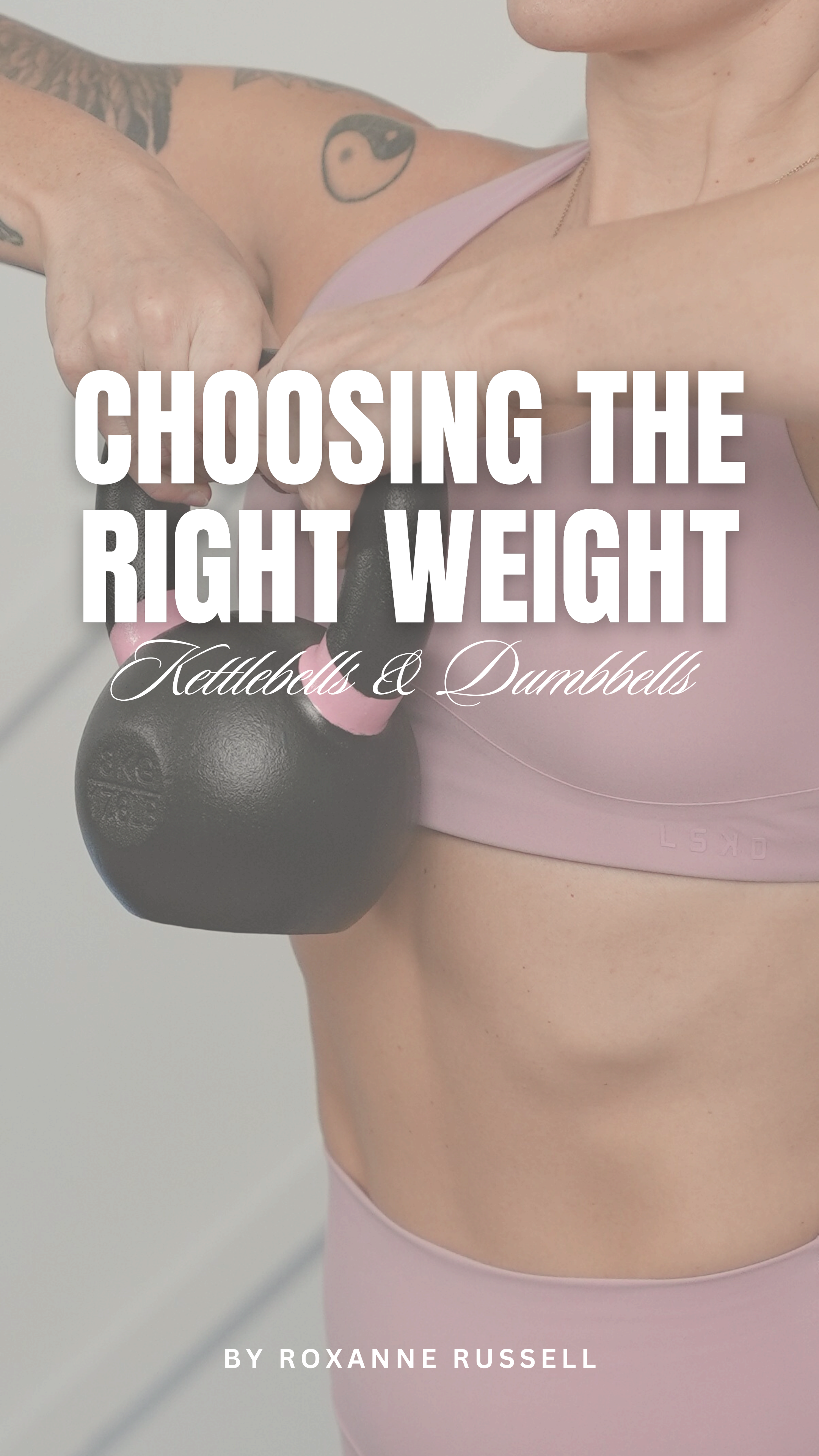


A close-up photograph of a woman's torso and arms. She is wearing a light pink sports top. Her left arm is raised, holding a black kettlebell. She has a tattoo of a yin-yang symbol on her left shoulder. The background is a plain, light-colored wall.

# CHOOSING THE RIGHT WEIGHT

*Kettlebells & Dumbbells*

BY ROXANNE RUSSELL

# *Introduction*

## **HEY THERE**

I'm Roxanne, your coach, and I'm here to help you pick the perfect kettlebells & dumbbells to level up your workouts.

Whether you're just starting out or swinging like a pro, the right weight makes all the difference. Too light, and you're not challenged; too heavy, and you're risking form which could cause injuries.

Let's break it down by fitness level and then match weights to exercises so you can train smart with me.



# *Getting started* **WITH KETTLEBELLS**

Kettlebells come in all sizes, here's how to choose:

01

## **BEGINNER (NEW TO FITNESS OR KETTLEBELLS)**

Who You Are: Little to no strength training experience, or new to kettlebell moves.

Recommended Weight:

- Women: 6-8 kg (13-18 lbs)
- Men: 10-12 kg (22-26 lbs)

Why: Light enough to nail technique but heavy enough to feel the work. Start here and build confidence!

02

## **INTERMEDIATE (SOME EXPERIENCE, READY TO PUSH)**

Who You Are: You've got a few months of training under your belt, comfortable with basic moves, and want more challenge.

Recommended Weight:

- Women: 10-14 kg (22-31 lbs)
- Men: 14-18 kg (31-39lbs)

03

## **ADVANCED (STRONG AND SKILLED)**

Who You Are: You're a regular with kettlebells, mastering swings, snatches, and Turkish get-ups, ready for serious gains.

Recommended Weight:

- Women: 14-22 kg (31-39lbs) +
- Men: 22-30 kg (39-66 lbs) +

# *Getting started* **WITH DUMBBELLS**

Dumbbells come in all sizes, here's how to choose:

01

## **BEGINNER (NEW TO FITNESS OR DUMBBELLS)**

Who You Are: Starting fresh or new to dumbbell exercises like bicep curls or split squats.

Recommended Weight:

- Women: 2.5-5 kg (5-10 lbs)
- Men: 5-7.5 kg (10-15 lbs)

Why: Light enough to learn proper movement, heavy enough to wake up those muscles. Build a strong base here!

02

## **INTERMEDIATE (BUILDING STRENGTH)**

Who You Are: Months of lifting behind you, comfy with basics, and ready to step it up.

Recommended Weight:

- Women: 5-9 kg (10-20 lbs)
- Men: 7-11 kg (15-25 lbs)

03

## **ADVANCED (STRONG AND CONFIDENT)**

Who You Are: You lift regularly, nail compound moves like presses and rows, and want big gains.

Recommended Weight:

- Women: 9-16 kg (20-35 lbs) +
- Men: 11-23 kg (25-50 lbs) +

## **Tailoring Your Weight Choice**

You might be a beast in some moves and still need to lighten up in others, and it's totally normal. Your strength isn't the same across the board, and some exercises demand more skill than power.

Even if you're advanced, picking a lighter weight for some exercises doesn't mean you're slacking; it means you're smart.

## **Strength Varies by Area**

You might be able to do a 20 kg kettlebell swing but struggle with a 10 kg Turkish get up, different muscles = different strengths!

Squats might feel easy with heavy dumbbells, while shoulder presses need a lighter weight.

That's because your legs, glutes, or grip might be ahead of your shoulders or core.

Listen to your body, and don't force a heavy weight just because you're strong elsewhere.

## **Skill Matters Too**

Some exercises, like snatches or cleans, require more skill than a press or row. If you're advanced but new to a move, go lighter to nail the technique.

A 20 kg kettlebell snatch might sound cool, but if your form's off, drop to 10-12 kg and own it first. Skill builds strength, so start light and grow from there.



# Join the COMMUNITY

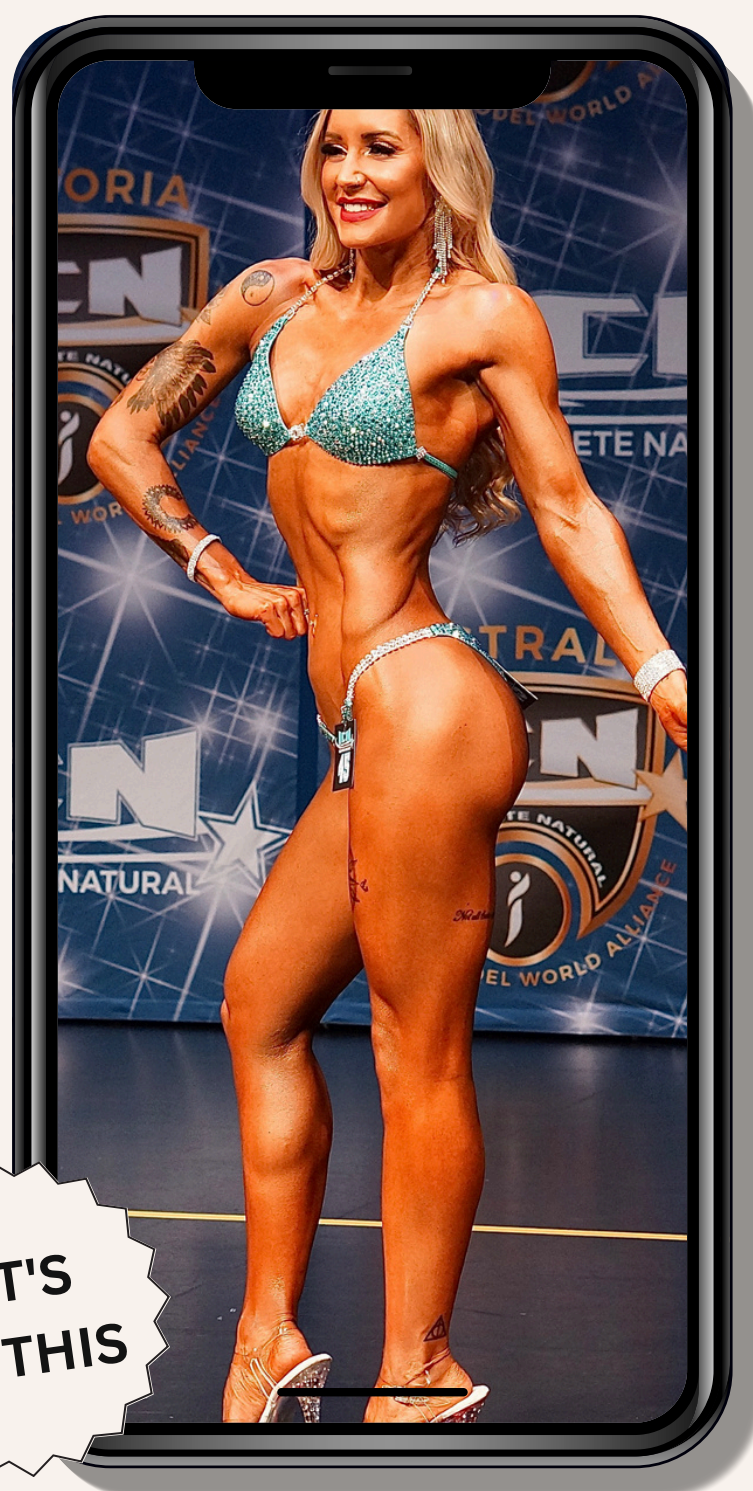
Congratulations on starting your health and fitness journey! To keep progressing and stay motivated, make sure to:

- ✓ Subscribe to my YouTube channel @workoutwithroxanne for new workouts every week!
  - ✓ Turn on notifications so you never miss a session.
  - ✓ Leave a comment on my latest video letting me know you started, I'd love to cheer you on!
- 💡 Want more? Subscribers get exclusive updates on new challenges, workouts, and community events.

Join us and let's keep moving together!

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# DISCLAIMER

This guide is all about helping you kickstart your fitness journey with kettlebells, but it's for educational purposes only, not medical or professional training advice.

I'm Roxanne, your coach, and I've put this together to support you, but everyone's body and fitness level are unique. Before jumping in, especially if you've got injuries, health conditions, or you're new to lifting, check with a healthcare professional, physical therapist, or certified trainer in person to make sure it's safe for you.

Results depend on you—your effort, form, and consistency—and neither I nor Workout with Roxanne can guarantee specific outcomes.

Lift at your own risk, start light, and prioritise form over weight. If something feels off, stop. Always seek a medical professional if something doesn't feel right. Here's to getting stronger, smarter, and safer!