SPORTENZIA

USER GUIDE

DUMBBELL TO KETTLEBELL CONVERSION HANDLE

A clamp that closes around a dumbbell's bar and locks with a screw ring: the dumbbell becomes a kettlebell for swings, squats, deadlifts and carries. Compatibility, fitting, safety, care.

REF. SPZKETTLBLCK1 · MAX LOAD 110 LB, ABOUT 50 KG · BARS UP TO 3.8 CM, 11.5 CM FREE



01 · GETTING STARTED

COMPATIBILITY, FITTING, SAFETY

Compatibility

The clamp closes around a dumbbell bar of **3.8 cm** diameter at most (inner opening about 4 cm) and needs about **11.5 cm** of free bar between the heads. Fixed hex or round dumbbells, plate-loaded adjustable dumbbells: it all comes down to these two measurements, not the weight or the shape. Measure before buying. Adjustable dumbbells with a bar of about 2 inches do not fit.

Fitting to the dumbbell

1. **Lay the dumbbell on the floor** flat and stable, on a surface that can take a drop.
2. **Unscrew the red ring** a few turns: it frees the clamp, which opens on its hinge.
3. **Open the clamp** and set the handle on the bar, protective insert against the bar, centred between the two heads.
4. **Close the clamp** until the two halves meet around the bar. If a gap remains, the bar is too thick: do not force it.
5. **Screw the ring back** fully, by hand. It is what locks the clamp.
6. **Pull to check** lift the whole thing a few centimetres and shake it gently: the dumbbell must neither slide nor turn. Only then, start.

Specifications

Max load	**110 lb, about 50 kg**	Bar	**Up to about 3.8 cm**
Opening	**About 4 cm**	Free length	**About 11.5 cm minimum**
Height	**About 29.5 cm**	Handle width	**About 20.5 cm**
Locking	**Red screw ring**	Colour	**Black, red ring**

SAFETY

- Ring screwed fully home and a pull test before every set: a dumbbell that escapes mid-swing flies out in front of you.
- Never more than 110 lb (about 50 kg), dumbbell included.
- No bar thicker than 3.8 cm or shorter than 11.5 cm: the clamp would not close properly.
- Swinging movements: start light, clear the space around you, nobody in the path.
- Check the hinge, the ring and the insert; a crack or play, and you stop. Keep out of children's reach.

02 · DAY TO DAY

EXERCISES, CARE, TROUBLESHOOTING

Possible exercises

EXERCISE	GRIP	POINTER
Squats, goblet squat	Two hands	Handle against the chest, elbows in
Deadlifts	Two hands or one	Flat back, the dumbbell starts from the floor
Rows	One hand	One hand on a bench, pull towards the hip
Presses	One hand	The dumbbell rests against the forearm, no swinging
Walks, carries	One hand or two	Shoulders down, short steps
Swinging functional movements	Two hands	Light load first, the assembly is longer than a kettlebell

The handle width takes both hands side by side; the dumbbell hangs below the clamp.

Care

- Wipe the handle after the session; water and mild soap if needed, no solvents.
- Clean the ring's thread and the inside of the clamp: chalk and dust get in the way of a tight lock.
- Store open or off the dumbbell, away from sunlight; the plastic ages in the light.

If something goes wrong

SYMPTOM	LIKELY CAUSE	FIX
Clamp will not close	Bar too thick, or off centre	Check the 3.8 cm, recentre
Dumbbell turns in the clamp	Ring not tight enough, smooth greasy bar	Clean the bar, screw fully home
Ring loosens during a set	Not tight enough	Screw fully home, recheck every set
Dumbbell hits the legs	Assembly longer than a kettlebell	Widen the stance a little, shorter dumbbell



Hex, round or adjustable dumbbells: what matters is the bar's diameter and free length.

GOOD TO KNOW

- The protective insert limits contact between the clamp and the dumbbell bar; it does not prevent marks on a delicate coating.
- Handle plus dumbbell stands taller than a kettlebell of the same weight: the centre of gravity sits lower, swings take a little getting used to.
- One handle for all your compatible dumbbells: change the dumbbell, not the accessory.

Need help?

sportenzia.com/pages/contact

Our team answers your questions about compatibility and use.