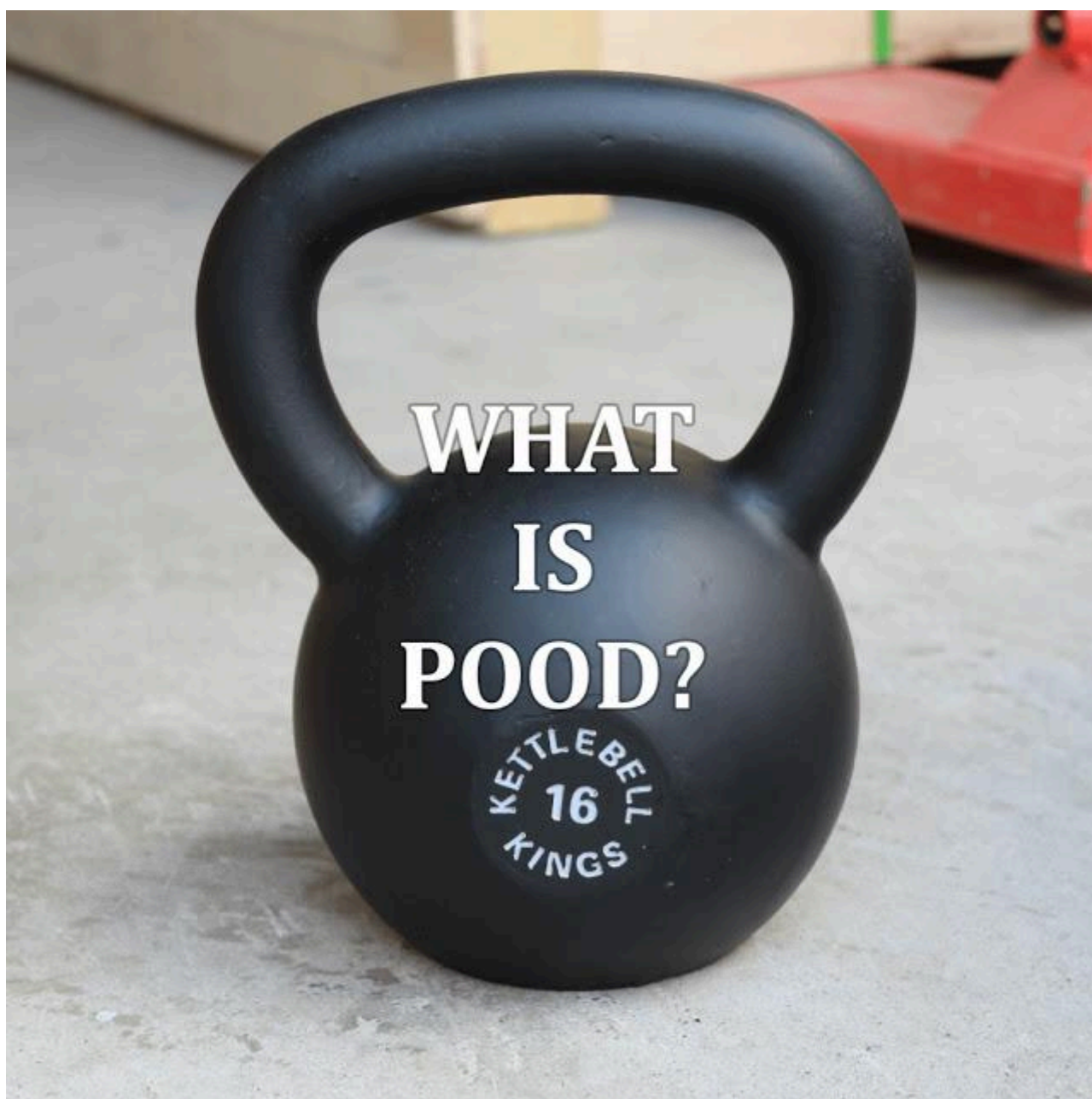# What Is A Pood?

No doubt that kettlebell is extremely convenient training modality and favorite tool for many at home or at the gym for a blasting workout session, but still they don't know what is a pood.

This question must be bothering you if you have been getting your workout from CrossFit. Then let me tell you that pood originated in Russia along with kettlebells and is a unit of measurement for kettlebells in Russia. Pood is a unit of equal to 40 funts (Russian Pound)

Now let's convert pood in kilograms and pounds.

One pood is approximately 16.38 kilos and a kilogram is 2.2 pounds, so one pood is 36.11 pounds. Heavy ha!

https://kettlebellking.blogspot.com/2018/06/what-is-pood.html