

DESCRIPTION

Save space with these convenient adjustable dumbbells. Thanks to their easy weight switch system, you can adapt your dumbbells to different exercises and series. They are perfect to train at home, but they also have the ideal size to move them around easily, so you can train wherever you want.

Adjustable

These dumbbell include a weight switch system that allows adjusting it to any exercise. Just turn the wheel and select a weight – when you lift the dumbbells the discarded weights will remain on the tray.

Versatile

You can use these dumbbells for any kind of strength training exercise: lunges, shoulder press, bench press, deadweight, snatch, etc.

Ergonomic

The bars are covered with foam for a firm and comfortable grip.

Technical information

- Content: 8 1.25-kg plates, 2 dumbbells, 2 trays
- Materials: steel bar and plates with iron alloy and sand with polyethylene (PE) coating
- Dumbbell length: 50.5 cm
- 1.25 kg plate size: 15.5 x 3.5 cm
- Color: black, orange



TECHNICAL SPECIFICATIONS.

Weight	10 kg
Dimensions	1.555 x 35 mm
Color	2 units
Material	Iron-sand alloy, steel, PE
Product	Dumbbells Xiaomi Fed
Shape	Ergonomic



STRENGTHS