

DESCRIPTION

If you are looking for a dumbbell that allows you to play with weights and save space at home, here you have your chosen one! Thanks to its adjustable system you can vary weights up to 11kg with simple twists in the grip. A dumbbell composed of 8 discs of different weights that adapts to the different exercises and repetitions you perform. Very easy to store in any corner of the house thanks to its compact design with tray included.

Adjustable in one second

Its change system and its 8 weights ranging from 0,98kg to 1,24kg allow you to adjust the weight for each type of exercise. Simply turn the grip wheel until you get the weight you are looking for. By raising the dumbbell, the discs you don't need will remain safely in the tray.

For all kinds of training

This dumbbell is ideal for any type of strength training such as lunges, military press, bench press, deadlift... Its versatile and complete adjustment system will allow you to vary the intensity of the exercises and adapt it to what you are looking for at all times.

This adjustable dumbbell includes 2 x 0,98kg (13 x 1,2cm) discs, 2 x 1,06kg (13,5 x 1,2cm) discs, 2 x 1,15kg (14 x 1,2cm) discs, 2 x 1,24kg (14,5 x 1,2cm) discs, 1 barbell of 2,14 kg, 1 dumbbell tray.

Top quality materials

The 8 discs included in this dumbbell are made from Q235 steel, a carbon structural steel that offers good performance and strength. Its bar is made of PA6, a very versatile and also very resistant material, and PP. While its tray is 100% PP: the plastic that can handle anything. This mix of materials gives it greater durability over time and better maintenance.

100% ergonomic

The barbell's material mix and ergonomic design give you a firm, comfortable grip for your workouts. Plus, the compact size of the barbell and its discs make it easy to handle and switch from hand to hand.

Designed for the home

This dumbbell is very easy to store in any corner of the house. Whether it's under the couch, in a closet or in the corner of a bedroom, its small size of 39,5 x 18 x 15,4 cm will allow you to turn any room in your home into your own gym.



TECHNICAL SPECIFICATIONS.

Weight	11 kg
Dimensions	39.5 x 18 x 15.4 cm

Color	1 unit
Material	Steel Q235 + PA6 + PP
Shape	Ergonomic

STRENGTHS

