

DESCRIPTION

If you are looking for dumbbells that allow you to play with weights and save space at home, here you have your chosen ones! Thanks to their adjustable system you can vary weights up to 11kg, for each dumbbell, with simple twists in the grip. Each dumbbell is composed of 8 discs of different weights that adapt 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 (for each dumbbell) 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 dumbbells, the discs you don't need will remain safely in the tray.

For all kinds of training

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

Each 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 each dumbbell are made from Q235 steel, a carbon structural steel that offers good performance and strength. Their 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 them greater durability over time and better maintenance.

100% ergonomic

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

Designed for the home

These dumbbells are 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, their 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	2 units
Material	Steel Q235 + PA6 + PP
Shape	Ergonomic
Content	2 pieces

STRENGTHS

