

Set of weights SPOKEY-FORM hand & legs 2 kg



Available sizes

Reference number

Ean number

Quantity

Suggested retail price: 19.99 € s DPH

Description

Spokey weight set. The set of weights includes two velcro weights of the same weight. You can attach them to your arms or legs and thus have an evenly distributed load. If you want to increase the intensity of the training, you can put both weights on one arm or leg at the same time. The velcro fastening makes it easier to put on the weights and ensures a stable hold.

Leg and arm weights will perfectly complement your training. It is suitable for strengthening the lower and upper parts of the body during fitness training, aerobics, jogging or exercise for overall development and rehabilitation. The top layer of the weights is made of neoprene and thanks to the powder iron filling, the weights are flexible enough to easily adapt to the shape of your hand or ankle.

The use of Spokey FORM weights intensifies training, stimulates muscle work and helps to better activate different parts of the body. Start the exercise with a lower weight and gradually, as your physical condition increases, increase the weight of the weight. FORM weights were designed to fit perfectly into your home gym.

Product details:

- a set of leg and arm weights of equal weight
- velcro fastening
- neoprene upper part
- the powder iron filler adapts to the shape of the arm and leg
- suitable for strengthening the lower and upper parts of the body during fitness training, aerobics, jogging or exercise for overall development and rehabilitation
- suitable for home use
- package contains: 2 x 2 kg