

Set of weights SPOKEY-BONE 2x 2 kg



Available sizes

Reference number

Ean number

Quantity

Suggested retail price: 24.99 € s DPH

Description

Spokey weight set. The set of neoprene dumbbells Bone is a tool that perfectly complements training. It is possible to perform a wide range of exercises with it, thus activating different muscle parts.

Very high demands are placed on the products and the highest quality materials were used for their production. The green dumbbells were designed to stand out perfectly in the home gym.

There are two dumbbells of the same weight in the set. Thanks to this, the user can have a dumbbell in each hand, or hold both dumbbells in one hand and thereby increase the intensity of the exercise.

The green dumbbells are made of neoprene, which is very pleasant to the touch and holds well in the hand. The weight is suitable for fitness training, aerobics, jogging or exercise for overall development and rehabilitation. The weights are designed to strengthen the muscles of the upper body, especially the arms.

Muscles involved in the exercise:

- shoulder muscles
- back muscles
- arm muscles
- biceps
- triceps

Product details:

- set of two pieces 2 x 2 kg