

Dumbbells SPOKEY-MONSTER II 2x 4 kg



Available sizes

Reference number

Ean number

Quantity

Suggested retail price: 19.99 € s DPH

Description

Spokey weight set. The set of dumbbells Monster II - 2 x 4 kg 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. Monster II dumbbells have been designed to stand out perfectly in the home gym. They were made in an intense blue color. Dumbbells have a classic shape, where the place for the grip is narrowed.

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. Dumbbells are cement-filled and coated with PVC, which makes the life of the dumbbells very long.

The weight is suitable for fitness training, aerobics, jogging or exercise for overall development and rehabilitation. 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 4 kg