

Dumbbells SPOKEY-MONSTER II - 2x 1 kg



Available sizes

Reference number

Ean number

Quantity

Suggested retail price: 7.99 € s DPH

Description

Set of Spokey brand weights. The set of Monster II dumbbells in white 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 were designed to stand out perfectly in the home gym. Dumbbells have a classic shape where 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. The dumbbells are cement-filled and coated with PVC, which makes the dumbbells last very long.

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 1 kg