

## 20kg Dumbbell Set Home Gym Fitness Exercise Weights Bar Plate

RRP: \$154.95

If you're a fitness enthusiast, you know that a set of dumbbells is an essential ingredient in any serious workout. With this 20-kilogramme dumbbell set by Randy & Travis Machinery, you can target all your major muscles for a complete body workout, all without leaving home. Remove and add weights as you choose to customise your workout to your ability level – or share the set with other members of your household.

Wrapped in tough, durable ABS plastic, these dumbbells will protect your floors from damage while holding up over years of heavy use. A textured bar allows you to grip more securely for increased safety.

Fitness experts agree that using free weights in workouts is the best way to build strength and muscle mass – even better than exercise equipment costing much more. Free weights allow athletes to exercise within their full range of motion, giving them a more extensive workout for all the muscles in their body. Dumbbells can give you stronger arms and shoulders – for sure – but also can provide a thorough workout for your quads, hips, and lower body as well.

### Features and specifications:

- Quantity: 2 x 10-kg dumbbells
- Material: Cement-filled ABS plastic
- Bar length: 45 cm
- Barbell length (connected) 90 cm
- Accessories: 4x 2.5-kg weight plates, 4x 1.25-kg weight plates, 4x 1-kg weight plates, 4x spin-lock collars, 1x connector and 2x bars
- Textured bar for a firmer grip

