



**DESIGNED FOR**

Whole body free weight strength and functional training

**USER FRIENDLY**

Clearly printed numbers and well-spaced weight increments

**SECURE COMFORTABLE HOLD**

Sloped knurled chromed steel handles are comfortable, and allow for a secure hold

**GRIP DIAMETER**

Ranges from 25 mm to 34 mm dependent upon weight

## FUNCTIONAL DURABILITY

### WHOLE BODY TRAINING WITH CONVENIENT HEXAGONAL SHAPE

Eleiko's XF Dumbbells provide a convenient way to quickly add resistance and load a wide variety of exercises. The hexagonal shape ensures dumbbells won't roll and opens a world of possibilities for exercises using the dumbbells as handles such as plank rows and L-sits. A gently sloped comfortable knurled handle delivers a secure grip. The rubber is quiet in use and gentle on gym floors. Dumbbells are sold individually or in sets and weights range from 1 kg to 40 kg, with the anything over 10 kg increasing in 2 kg increments. Dumbbells are sold individually.

**RANGE (KG):** 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10 / 12 / 14 / 15 / 16 / 17,5 / 18 / 20 / 22 / 22,5 / 24 / 26 / 28 / 30 / 32 / 34 / 36 / 38 / 40

**WARRANTY**

2 years\*

\* 7 years : frame, 5 years: functionality of the running belt, 3 years: treadmill drive, motor and non-friction components, 1 year: full warranty.