

2x Water Aerobics Dumbbell EVA Aquatic Barbell Aqua Fitness

RRP: \$54.95

One of the best ways to exercise, especially if you have joint issues or are recovering from injury, is inside a pool of water. With this two-piece set of water exercise dumbbells from Randy & Travis Machinery, you have all you need to fortify your cardiovascular system and strengthen your muscles without the risk of injury from impact or overextension. Water aerobics do more than give your heart a good workout. The water's gentle resistance, coupled with that of the foam dumbbells, build up upper body strength in a relaxing environment.

Crafted from top-quality EVA foam, these dumbbells are not only lightweight, but they're waterproof as well. That means that they can provide adequate support for flotation, keeping you supported as you exercise. However, these dumbbells aren't flotation devices per se, like a life jacket or a pool float. They're for water exercise – and they're your best choice for swimming pool, spa, and fitness exercises.

Features and specifications:

- Material: High-quality EVA foam
- Colour: Blue / White
- Dimensions: 27 x 15 x 15 cm (L x W x H)
- Two Dumbbells
- Weight: 250g per set
- Lightweight and waterproof
- No de-gumming or fading
- Reduces stress on joints and muscles
- Uses water's natural resistance to provide gentle strength training without the risk.

