

## 40KG Dumbbell Adjustable Weight Set

RRP: \$294.95

This complete 40 kg dumbbell set from Randy & Travis Machinery is the perfect addition to your gym or home fitness room. Compact and sturdy, this set includes both dumbbell bars and plates. With a one-year warranty, you can't go wrong with this set. Made from high-quality steel with a non-slip handle, this set allows you to train with confidence without fear of losing your grip.

Train your shoulders, biceps, and triceps for better fitness, increased tone, cross training, or to ready yourself for competition.

The set comes with twelve plastic-coated cement plates in small increments, so you can increase your load gradually as you build your strength. Star-shaped nuts made from high-quality steel keep the weights in place for easy lifting.

Their easy, quick setup allows you to get up and running for your workout. With its handy, compact size, you can store the set easily.

### Specifications:

- Total length: 45cm
- Grip length: 14cm
- Bar diameter: 3cm
- Length of each side loaded with 3 weights: 10cm
- Quality: commercial-grade equipment for serious athletes
- Weight plates: adjustable for multiple options
- Quantity of weight plates: 12
- Applications: Fat loss, strength and tone building, cross-training, body shaping
- Bar material: high-quality steel
- Dumbbell plate material: plastic-coated cement
- Diameter: 18cm, 22cm
- Dumbbell weight: 35kg
- Dumbbell bar and stoppers weight: 5kg

### Attributes:

- Colour: Black
- Pack Quantity: 40KG

