



# Eleiko XF Dumbbell

5 kg

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. The dumbbells are delivered with a thin protective oily coating and made from a rubber mixture that is completely odour free.

## Features

### Designed for

Whole body free weight strength and functional training

### Secure Comfortable Hold

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

### User friendly

Clearly printed numbers and well-spaced weight increments

### Grip Diameter

Ranges from 25 mm to 34 mm dependent upon weight

## Specifications

### Unit of measurement

Sold individually

### Article code

3002326

### Weight

5 kg / 11.02 lbs

### Warranty

2 years

### Colour

Black/Silver

### Series

XF

### Handle length

130 mm / 5.12 in.

### Handle

Fixed

### Handle diameter

27 mm / 1.06 in.