



# Eleiko XF Dumbbell

22 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**  
3002337

**Length**  
370 mm / 14.57 in.

**Width**  
180 mm / 7.09 in.

**Height**  
150 mm / 5.91 in.

**Weight**  
22 kg / 48.5 lbs

**Warranty**  
2 years

**Handle Length**  
135 mm / 5.31 in.

**Colour**  
Black/Silver

**Series**  
XF

**Handle**  
Fixed

**Handle Diameter**  
33 mm / 1.3 in.