



# Eleiko XF Dumbbell Set

1 - 10 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. Here we provide three sets of weight ranges.

## 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

### Article code

BD-1-503

### Weight

110 kg / 242.51 lbs

### Warranty

2 years