Eleiko Loadable Dumbbell Set

40kg

- ✓ **28 mm diameter**
- ✓ **Flexible training set**
- ✓ **Mild knurling (1.0)**

Eleiko loadable dumbbell set conveniently package everything needed to build a versatile, space-saving training tool. With a loadable dumbbell, weight can be easily adapted to suit training needs and adjusted in smaller increments so lifters can progress more naturally.

Features

Set Includes

Two loadable dumbbells, four collars, and a range change plates to give you flexibility in finding the right training loads.

Sleeve Construction

50mm sleeve features both bushings and bearings for smooth controlled rotation

Max Load

Up to 40 kg / 88 lb per dumbbell, collar size can impact plate capacity.

Built to Bar Specs

Built on the specs of our XF bars, the 28 mm shaft, tensile strength and 1.0 knurling

Standard Weights

Compatible with any plate designed for a standard barbell, smaller change plates 5 kg / 10 lb and under are recommended

Specifications

Article code
BD-1-489

Weight
86 kg / 189.6 lbs

RAISE THE BAR

ELEIKO