

# 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

