

## Specification:

1-10kgs, in 1kg increment;

10-50kgs, in 2.5kg increment.

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## Total Body Toning:

Different weights allow for a wide variety of exercises

Free weight training emphasizes functional movement

Target specific muscles or perform full body workouts

Adds resistance to cardio training

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## Quality Construction:

Made to last rep after rep

Features balanced cast iron core

Rubber coating provides a solid grip while preventing damage to your floor

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## Related Products:

