

### Specification:

1-10kgs, in 1kg increment;

10-50kgs,in 2.5kg in cremenent.

### 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

### 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

### Related Products:

