



SKU:

WEIGHTED DUMBBELL

\$0.00

ILS Weighted Dumbbells are mainly used for joint-isolation exercises such as biceps curls and shoulder raises. ILS dumbbell weights can also be utilised as full body exercise tools when combining exercises and using both upper and lower body. It also helps with cardio-respiratory fitness and flexibility when used properly.



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VARIATIONS

Image	SKU	Price	Description	Weight
	S6999	\$7.69		1 kg
	S3135	\$21.99		2.5 kg
	S7187	\$42.89		4 kg

PRODUCT DESCRIPTION

Specifications:

Heavy duty PVC/Steel

Available in 0.5kg weights, 1kg weights, 1.5kg weights, 2kg weights, 2.5kg weights, 3kg weights, 4kg weights, 5kg weights

Sold as each.

Weights, Dumbbell, Weight Gym

See our [mini rack](#) for storing your dumbbells.

- Full body exercise
- Joint isolation exercises
- Cardio exercises
- Flexibility exercises

ADDITIONAL INFORMATION

Brand

ILS physio