



## Hexagonal Cast Iron Hex Rubber Dumbbells

Hexagonal dumbbell is commonly used fitness equipment to exercise muscles and increase muscle strength. Through different action training, different target muscle groups can be trained, so as to achieve the effect of plumping muscles, beautifying muscle lines and strengthening muscle strength. In addition, long-term dumbbell training can improve the flexibility and stability of

joints, and enhance the body's responsiveness and sports ability; During dumbbell training, the motor nerve is dominant, the blood circulation is accelerated, which can effectively regulate the nervous tension and body fatigue caused by work fatigue, and reduce discomfort symptoms such as muscle soreness

Hexagonal dumbbell is made of high quality cast iron, hexagonal design is placed firmly. Electroplated knurled grip bar is not easy to rust, anti-slip and anti-corrosion. The product adopts KG and LB specifications to adapt to different people and markets. Exercise function is diverse, exercise muscle and spine, improve cardiorespiratory function, shape the body.

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