Tip Top Sports Fgura
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DUMBBELL SET 15KG

SKU: TT19265
~~**75.00 €**~~ **39.99 €**

Stock: In stock
Categories: Dumbbells, Fitness, Special Offers, Weights & Attachments

PRODUCT DETAILS

15Kg Dumbbell Set: Your Essential Home Gym Starter Kit

Elevate your fitness routine with the 15Kg Dumbbell Set, the ideal starting point for building your home gym. This versatile set is perfect for beginners and seasoned fitness enthusiasts alike, offering a comprehensive solution for strength training, toning, and muscle building.

Crafted with durability and convenience in mind, the set includes a range of weight plates that total 15Kg (7.5Kg total per dumbbell), allowing you to customize your workouts based on your fitness level and goals. The two high-quality dumbbell rods, each weighing 2Kg, feature a comfort grip design with non-slip textures, ensuring maximum control and safety during your exercises. The included star collars, weighing 0.25Kg each, provide a secure fit, preventing the plates from shifting during intense workouts.

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This set is neatly packaged in a compact carry box, making it easy to store and transport, so you can take your workouts anywhere.

Set Includes:

1. 8 x 1Kg Weight Plates: Ideal for gradual strength progression.
2. 4 x 0.5Kg Weight Plates: Perfect for fine-tuning your resistance.
3. 2 x 2Kg Dumbbell Rods: With comfort grips for enhanced control.
4. 4 x 0.25Kg Star Collars: Ensure stability and safety.
5. Carry Box: For easy storage and portability.

Exercise Benefits

1. Versatility in Workouts:
The 15Kg Dumbbell Set offers the flexibility to perform a wide range of exercises, including bicep curls, tricep extensions, shoulder presses, chest flies, and more. This versatility allows you to target multiple muscle groups, promoting balanced strength development.

2. Progressive Resistance:
With a variety of weight plates, this set supports gradual resistance increases, helping you to progressively challenge your muscles and enhance your strength over time.

3. Improved Grip Strength:
The comfort grip design not only ensures safety but also helps to improve grip strength, which is essential for lifting heavier weights and performing functional movements.

4. Enhanced Muscle Tone:
Regular use of this dumbbell set can help tone and define your muscles, giving you a leaner, more sculpted appearance.

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5. Convenience and Accessibility:
The compact and portable design makes it easy to integrate fitness into your daily routine, whether at home or on the go, ensuring that you never miss a workout.

6. Boosted Metabolism:
Strength training with dumbbells is an effective way to increase muscle mass, which in turn boosts your metabolism, helping you burn more calories even at rest.

Net Weight	15 Kg