



ENP ROTATING CABLE HANDLE W/RUBBER HAND GRIP

SKU: TT19115

10.00 €

Stock: In stock

Categories: [Gym Attachments](#)

PRODUCT DETAILS

The ENP Rotating Cable Handle with Rubber Hand Grip is a versatile and ergonomic fitness accessory designed to enhance your strength training and muscle-building routines. This cable handle is meticulously crafted to provide exceptional performance, comfort, and durability, making it an ideal addition to any home or commercial gym setup.

Key Features:

1. **Rotating Design:** The rotating mechanism of the cable handle allows for smooth and natural movement during exercises. This feature minimizes joint strain and maximizes

muscle engagement by allowing your wrists to move freely as you perform various cable-based exercises.

2. **Rubber Hand Grip:** The handle features a high-quality rubber grip that ensures a secure and comfortable hold. The rubber grip minimizes slippage, even during intense workouts, providing you with added confidence and control.
3. **Durable Construction:** Constructed from heavy-duty materials, the ENP Rotating Cable Handle is built to withstand the rigors of regular use. It can handle high levels of resistance and tension, making it suitable for a wide range of cable exercises.
4. **Universal Compatibility:** The cable handle is designed to be compatible with most cable machines and resistance training equipment. Its versatile design allows you to easily attach it to different types of cables, making it a convenient and adaptable accessory.
5. **Compact and Portable:** The compact size of the cable handle makes it easy to store and transport. Whether you're working out at home or on the go, you can bring this cable handle along to ensure a consistent and effective workout experience.

Exercise Benefits:

1. **Improved Muscle Strength:** The rotating cable handle adds variety and challenge to your strength training routine. By engaging your muscles in different ways, it helps you build well-rounded strength and muscle definition.
2. **Enhanced Joint Health:** The rotating mechanism of the handle reduces the strain on your wrists and elbows during exercises. This can lead to improved joint health over time, minimizing the risk of overuse injuries.
3. **Greater Muscle Activation:** The freedom of movement provided by the rotating design ensures that your muscles are engaged throughout the entire range of motion. This leads to more comprehensive muscle activation and better overall muscle development.
4. **Core Stabilization:** Many cable exercises involve stabilizing your core muscles as you perform movements. The cable handle's rotational feature forces your core to work harder to maintain stability, leading to improved core strength and balance.
5. **Versatility:** The ENP Rotating Cable Handle can be used for a wide variety of exercises, including cable rows, lat pulldowns, bicep curls, tricep pushdowns, and more. This versatility allows you to target different muscle groups and create a well-rounded workout routine.
6. **Functional Training:** The cable handle's design closely mimics natural movements and functional activities. This makes it a valuable tool for functional training, helping you

improve your ability to perform everyday tasks and movements with greater ease.

7. Progressive Overload: The cable handle enables you to progressively increase the resistance and challenge of your workouts. As you become stronger, you can easily adjust the weight or resistance levels to continue making gains.

BRAND

ENJOY PLAY



Net Weight	0.7 kg
Gross Weight	0.9 kg
Other Details	(L x W x H) 14 x 3.5 x 14 cm (Aprox)