



ENJOY PLAY VINYL DUMBBELL 4KG

SKU: TT16564

12.00 €

Stock: In stock

Categories: [Dumbbells](#), [Fitness](#), [Weights](#)
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PRODUCT DETAILS

The ENP 4 kg dumbbell with its durable vinyl coating is an exceptional piece of fitness equipment designed to elevate your strength training and resistance workouts. Its thoughtful construction combines functionality and aesthetics, making it an ideal choice for individuals seeking to enhance their fitness journey.

- **Price is for 1 piece**
- **Durable vinyl coating is easy to grip and easy to clean**
- **Weight: 4 Kg**

Description:

The 4 kg dumbbell features a solid iron core that provides a balanced weight distribution, ensuring a comfortable and effective workout experience. Its exterior is encased in a durable vinyl coating, which serves a dual purpose: improving grip and facilitating effortless cleaning. The coating not only enhances your grasp during exercises, reducing the risk of slippage, but also makes maintenance a breeze, allowing you to keep your dumbbell in pristine condition with minimal effort.

Key Benefits:

1. **Versatile Strength Training:** Incorporating the 4 kg dumbbell into your fitness routine allows for a wide range of strength training exercises. From bicep curls and tricep extensions to lunges and squats, this dumbbell provides the resistance needed to challenge your muscles and promote growth.
2. **Increased Muscle Endurance:** Engaging in high-repetition sets using the 4 kg dumbbell can help improve muscle endurance. This is especially valuable for functional fitness and daily activities, as it enhances your ability to perform tasks that require prolonged muscle engagement.
3. **Calorie Burning and Weight Management:** The 4 kg dumbbell can be integrated into dynamic full-body movements, such as kettlebell swings and thrusters, which engage multiple muscle groups and elevate your heart rate. This combination of resistance and cardiovascular work contributes to effective calorie burning and supports weight management goals.
4. **Convenient Home Workouts:** With its manageable weight, the 4 kg dumbbell is an excellent addition to home workouts. It offers the convenience of targeted strength training without requiring a trip to the gym, making it an ideal choice for individuals with busy schedules or those who prefer exercising in the comfort of their own space.
5. **Enhanced Grip Strength:** The textured vinyl coating of the dumbbell not only provides a secure grip during exercises but also contributes to the development of grip strength over time. Improved grip strength has numerous benefits beyond the gym, such as facilitating tasks that involve holding or carrying objects.
6. **Joint Stability and Bone Health:** Strength training with the 4 kg dumbbell helps enhance joint stability and supports bone health. Weight-bearing exercises stimulate bone density,

reducing the risk of osteoporosis and promoting overall skeletal well-being.

Exercises:

Here are a few exercises you can perform using the 4 kg dumbbell to target various muscle groups:

1. Goblet Squat: Hold the dumbbell close to your chest with both hands and perform squats. This targets your quads, hamstrings, and glutes.
2. Bent-Over Rows: Bend at the hips with a slight knee bend, hold the dumbbell in one hand, and row it towards your hip. This engages your back muscles, particularly the lats.
3. Shoulder Press: Hold the dumbbell at shoulder height, palm facing forward, and press it overhead. This works your deltoids and triceps.
4. Lunges: Hold the dumbbell in a goblet position and lunge forward, alternating legs. This targets your lower body muscles and helps improve balance.
5. Hammer Curls: Hold a dumbbell in each hand, palms facing in, and curl the weights towards your shoulders. This focuses on your biceps.
6. Russian Twists: Sit on the floor, hold the dumbbell with both hands, and twist your torso from side to side. This engages your obliques.

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