

ENJOYCARE

Hex Dumbbells

Model **EKQ** · Joy Ours part no. **JOY-EXER-EKQ**



Coated hex dumbbells in seven weights from 0.5 kg to 5 kg, with flat-sided ends that stop them rolling away.

KEY FEATURES

- **Seven weights** 0.5 kg, 1 kg, 1.5 kg, 2 kg, 3 kg, 4 kg and 5 kg.
- **Non-slip coating** A soft-touch surface that's comfortable to hold.
- **Hexagonal ends** Stop the dumbbell rolling when you set it down.
- **Kinder to floors** The coating helps protect floors.
- **Easy to tell apart** Bright colours make each weight easy to spot.

SPECIFICATIONS

Weight

0.5 kg, 1 kg, 1.5 kg, 2 kg, 3 kg, 4 kg, 5 kg

WHO IT SUITS

- Home strength exercises, starting light and building up
- Seniors' strength and exercise classes
- Exercises set by a physio
- People with a weaker grip who want a non-slip, comfortable surface

GOOD TO KNOW

- Each weight is a separate option, so you can add heavier ones later as you progress.