



### Weight Lifting Fitness Gym Fitness Equipment Round Head Rubber Dumbbell

The bell head of round head rubber dumbbell is screwed and welded with the finishing handle as a whole. The bell head surface is covered with a specially formulated rubber mixture. The surface of the finished

knurled handle is plated with hard chromium, which has excellent corrosion resistance and rust resistance. The striking and bright weight figures are convenient for exercisers to quickly identify

**Model:GOD2003**

Rubber round head barbell is a simple sports training equipment, mainly including rubber covered dumbbells and metal dumbbells. The handle and hammer of rubber round head barbell are generally made of steel, and most hammers are wrapped with a layer of polymer rubber plastic material, such as rubber. Dumbbells are mainly used for muscle strength training. For patients with low muscle strength due to motor paralysis, pain, and long-term inactivity, they can use the weight of dumbbells for active resistance exercise to train muscle strength. Long term use of dumbbell exercise has the effects of delaying muscle aging, increasing bone density, preventing osteoporosis, etc. It is one of the ideal exercise methods for shaping, fitness and functional exercise.

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