

# ADJUSTABLE DUMBBELL

HDB70



## FOR EASY ADJUSTMENTS & HARD WORK

Now you can get a complete home workout that's smoother than ever thanks to our Adjustable Dumbbell. All it takes is a simple handle twist to set a weight right for your goals and ability level. Smart engineering keeps every rep perfectly balanced, and an innovative nesting design replaces 10 traditional dumbbell pairs to reduce clutter in your workout space. Bring it home today to make adjustments quick and easy when you're working hard.



## INTELLIGENT TRAINING

Our new Adjustable Dumbbell pairs seamlessly with our exclusive atZone app, offering progressive workouts tailored to your unique strength training goals.

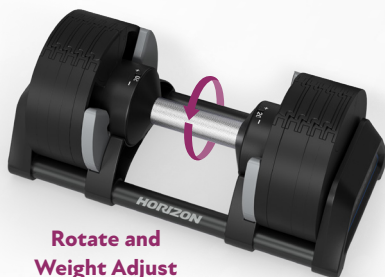


atZone



## INSTANT ADJUSTMENTS

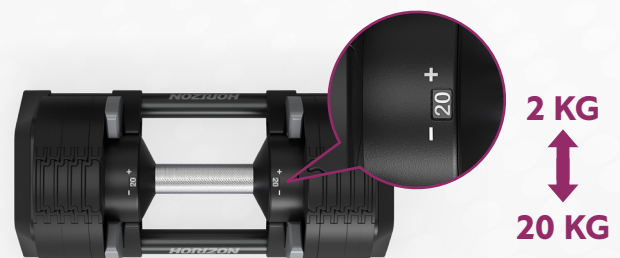
Simply twist the handle and feel the click to select your weight and start your set. A clearly marked indicator makes it quick and easy to set a weight right for your ability level.



Rotate and Weight Adjust

## IDEAL INCREMENTS

Our ingenious design adjusts in 2 kg increments from 2 - 20 kg., perfect for progressive workouts.



FEATURES	
Model Number	HDB70
Frame Construction	Metal sheet / ABS
Frame Color	Matte Black
Adjustable Weight (DUMBBELL)	Adjusts from 2 to 20 kg with instant-twist weight selection grip 10 levels: 2-4-6-8-10-12-14-16-18-20 kg *The grip length vary with weight
Security	Lock stack from dropping when: 1. during workout 2. incorrect adjustment position

TECH SPECS	
Assembled Dimensions (L x W x H)	41.0 x 18.7 x 17.5 cm / 16.1" x 7.4" x 6.9"
Product Weight	20 kg / 44 lbs.