

# NIKE DUMBBELL

## FEATURES

- **Anti-Roll:** Durable rubber hex construction prevents rolling and reduces damage to floors
- **Sculpted Edges:** Contoured edges provide comfort while lifting
- **Knurled Handle:** Knurling provides the perfect blend of friction & control

## SPECS

- Weight range: 5 to 100 lb (Black/Black), 5 to 50 lb (Black/White)
- Weight Precision: +/-3%
- Handle Diameter: 28mm to 37mm depending on size
- Handle Width: 128mm
- Handle Type: Ergonomic 5-65 lb; Straight 70-100 lb
- Handle Material: Chrome-plated Steel
- Knurling: Medium



**Warranty:** Visit [www.precor.com](http://www.precor.com) for warranty terms.



# NIKE GRIND DUMBBELL

## FEATURES

- Nike Grind:** The Nike Grind Dumbbell is made from at least 20% Nike Grind rubber by volume, a byproduct of Nike's footwear manufacturing process.
- Durable & Comfortable:** It features swoosh branding, durable rubber, and sculpted edges for comfort and performance in training.
- Secure Grip:** The medium knurled handle offers a secure grip with an ideal balance of friction and control.
- Versatile:** This versatile dumbbell supports countless workout movements for athletes.
- Inspirational:** Designed to inspire workouts, it combines functionality and Nike's "Just Do It" spirit.

## SPECS

- Weight range: 2.5 to 50 lb
- Weight Precision: +/- 3%
- Handle Diameter: 28mm to 37mm depending on size
- Handle Width: 128mm
- Handle Type: Ergonomic
- Handle Material: Chrome-plated Steel
- Knurling: Medium



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