



# KAWMET

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## PRODUCT CATALOG

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## **FITNESS** ZONE



## >> Cast iron weight plates TRI-GRIP

Cast iron plates with Tri-Grip construction, which allows you to quickly change to a banner or a rod.

Made of high quality cast iron, carefully finished, making it suitable for both commercial and home gyms.

They have very practical, non-slip grips that allow you to do exercises also without the use of bars - thanks to which you can do a quick warm-up and exercise your abdominal and shoulder muscles.

### Advantages:

- Modern design
- Tri-Grip Design for safe and easy operation
- Perfect for muscle development and balance
- Safe, durable and easy to use

### Specifications:

WEIGHT	DIAMETER HOLE	WIDTH	HEIGHT	THICKNESS
1,25 KG	28,5 MM	150 MM	150 MM	20 MM
2,50 KG	28,5 MM	190 MM	190 MM	25 MM
5 KG	28,5 MM	240 MM	240 MM	30 MM
10 KG	28,5 MM	305 MM	305 MM	35 MM
20 KG	28,5 MM	385 MM	385 MM	45 MM
1,25 KG	30,5 MM	150 MM	150 MM	20 MM
2,5 KG	30,5 MM	190 MM	190 MM	25 MM
5 KG	30,5 MM	240 MM	240 MM	30 MM
10 KG	30,5 MM	305 MM	305 MM	35 MM
20 KG	30,5 MM	385 MM	385 MM	45 MM





## >> Cast iron kettlebells

Kettles are made of high quality cast iron, carefully finished, making it suitable for both commercial and home gyms. The surface is protected with a special paint. Dumbbells are subjected to powder coating, which adds additional visual advantages.

### Advantages:

- Modern design
- Thick grip for comfortable and convenient exercise
- Perfect for muscle development and balance
- Safe, durable and easy to use



### Specifications:

WEIGHT	DIMENSIONS	HANDLE WIDTH	HANDLE THICKNESS	SPACE UNDER HANDLE
4 KG	70x150x160 MM	160 MM	30 MM	45 MM
6 KG	110x170x200 MM	165 MM	30 MM	60 MM
8 KG	100x190x200 MM	190 MM	35 MM	60 MM
10 KG	120x190x210 MM	35 MM	35 MM	60 MM
12 KG	120x190x240 MM	40 MM	40 MM	60 MM
16 KG	150x190x240 MM	120 MM	40 MM	60 MM
20 KG	160x200x260 MM	110 MM	40 MM	60 MM
24 KG	190x210x270 MM	195 MM	40 MM	60 MM





## >> Cast iron dumbbells 2x10 kg

Weight plates made of high quality cast iron, carefully finished making it suitable for both commercial and home gyms. Tri-Grip Design allows you to quickly change to a rod or neck. Dumbbells come with the spring clamps which characterizes in very high clamping power - so you can be safe about your training routines. The plates won't come off that easily.



Components:



BARBELLS KAWMET FI 28 MM/40 CM  
WITH SPRING CLAMPS



4x PLATES 2,5 KG



4x PLATES 1,25 KG



## Cast iron dumbbells 2x15 kg <<

Weight plates made of high quality cast iron, carefully finished making it suitable for both commercial and home gyms. Tri-Grip Design allows you to quickly change to a rod or neck. Dumbbells come with the spring clamps which characterizes in very high clamping power - so you can be safe about your training routines. The plates won't come off that easily.



BARBELLS KAWMET FI 28 MM/40 CM  
WITH SPRING CLAMPS



8x PLATES 2,5 KG



4x PLATES 1,25 KG

Components:

## >> Cast iron dumbbells 2x20 kg

Weight plates made of high quality cast iron, carefully finished making it suitable for both commercial and home gyms. Tri-Grip Design allows you to quickly change to a rod or neck. Dumbbells come with the spring clamps which characterizes in very high clamping power - so you can be safe about your training routines. The plates won't come off that easily.



Components:



BARBELLS KAWMET FI 28 MM/40 CM  
WITH SPRING CLAMPS



4x PLATES 5 KG



4x PLATES 2,5 KG



4x PLATES 1,25 KG



## >> Cast iron dumbbells 2x10 kg

Weight plates made of high quality cast iron, carefully finished making it suitable for both commercial and home gyms. Tri-Grip Design allows you to quickly change to a rod or neck. Dumbbells come with the spinlocks, ensuring that the plates will be safe and secure on your barbells.



Components:



BARBELLS FI 28 MM/40 CM  
WITH SPINLOCKS



4x PLATES 2,5 KG



4x PLATES 1,25 KG

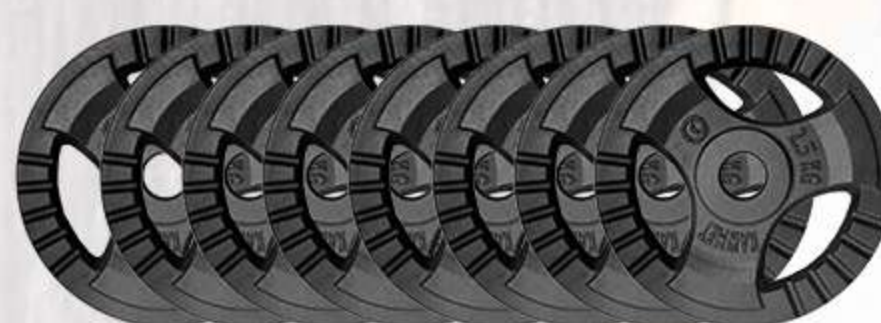
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Components:



BARBELLS FI 28 MM/40 CM  
WITH SPINLOCKS



8x PLATES 2,5 KG



4x PLATES 1,25 KG

## >> Cast iron dumbbells 2x20 kg

Weight plates made of high quality cast iron, carefully finished making it suitable for both commercial and home gyms. Tri-Grip Design allows you to quickly change to a rod or neck. Dumbbells come with the spinlocks, ensuring that the plates will be safe and secure on your barbells.



Components:



BARBELLS FI 28 MM/40 CM  
WITH SPINLOCKS



4x PLATES 5 KG



4x PLATES 2,5 KG



4x PLATES 1,25 KG



## >> Dumbbell bars with spring collars

Barbells have engraved surface, so the user can be sure about the grip. It will be strong and stable during each exercise. The aesthetics of the device is added by galvanizing it, which adds it to a more professional look. Exercises with our equipment are just pleasure and comfort every day. Comes with high-quality spring clamps. This ensures safety, preventing you from unscrewing loads from the neck during exercises. Made in Poland. Rod diameter 28 mm, length 40 cm.



## Dumbbell bars with spinlock collars <<



Barbells have engraved surface, so the user can be sure about the grip. It will be strong and stable during each exercise. The aesthetics of the device is added by chrome plating it, which adds it to a more professional look. Exercises with our equipment are just pleasure and comfort every day. Bars are equipped with high-quality screw clamps additionally equipped with gaskets. This ensures safety, preventing you from unscrewing loads from the neck during exercises. Rod diameter 28 mm, length 40 cm.

## >> Barbell weight bar

Our offer includes wide variety of barbells, which come in various lengths, diameter and shapes. Different lock mechanism gives you the choice to choose the best options which fits your preferences. It will ensure that the grip in your hands stay safe and secure all the time during the exercises. We have many rod diameters to ensure that they will fit most weight plates on the market.



### Specifications:

DIAMETER	LENGTH	TYPE	LOCK MECHANISM
28 MM	40 CM	STRAIGHT	SPRING CLAMP
28 MM	40 CM	STRAIGHT	SPINLOCK
28 MM	120 CM	STRAIGHT	SPINLOCK
28 MM	150 CM	STRAIGHT	SPINLOCK
28 MM	180 CM	STRAIGHT	SPINLOCK
28 MM	120 CM	SOFT CURL	SPINLOCK
28 MM	120 CM	HEAVY CURL	SPINLOCK
25 MM	120 CM	SOFT CURL	SPINLOCK

