064 Seated Fixed Dumbbell



Benefits

Enhances Functional Movement
Improves strength and control for everyday movements.

Reduces Muscle Imbalances
Supports balanced development of the upper body.

Builds Upper-Body Strength
Strengthens key muscles for better overall performance.

Improves Daily Performance
Helps make everyday activities easier and more efficient.

Uses

Outdoor Gym Experience
Brings a gym-style workout to outdoor spaces.

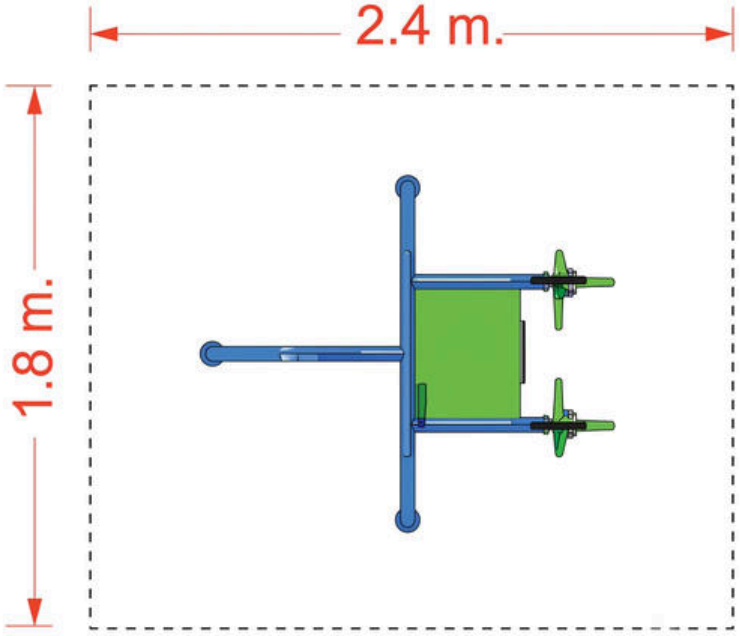
Targets Upper Body
Engages the shoulders, arms, and upper-body muscles.

Controlled Movement
Provides a stable and guided exercise motion.

Safe Exercise Technique
Encourages controlled pushing without locking the elbows.

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Actual equipment size	Minimum recommended area	Age group	Play capacity
1.8 × 1.2 × 1.5 m	2.4 × 1.8 × 1.8 m	12 years+	1 user

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Approved rate schedule
(All inclusive)

₹ 1,94,610/-

Get a quotation
mahaplaygrounds.com/064