

BSTDH Dumbbell Spotter Hooks



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Body-Solid Tools Dumbbell Spotter Hooks allow users to connect and hang dumbbells to barbells, eliminating the need for kicking dumbbells into position for chest and shoulder presses. This offers a safe and comfortable way to perform dumbbell movements without wasting energy or damaging the user's shoulders.

These hooks are built lightweight & strong with a weight capacity of 150 lbs. and are designed to fit dumbbell handles up to 1-3/8" diameter and 5" length.

Body-Solid Tools Dumbbell Spotter Hooks are designed with rubber caps to prevent damage to barbells and a velcro strap to keep the hook secure during lifts.

Stop wasting energy and damaging shoulders and focus entirely on dumbbell shoulder and chest presses with Body-Solid Tools Dumbbell Spotter Hooks.

Special Features

- Connect & hang dumbbells to barbells
- Eliminate the need for kicking dumbbells into position
- Ideal for chest and shoulder press movements
- Reduces wear and tear on shoulders
- Rubber caps to prevent barbell damage
- Velcro strap to keep hook secure during lifts
- Fits dumbbell handles up to 1-3/8" diameter & 5" length
- Weight Capacity: 150 lbs.
- Product Weight: 1.8 lbs.
- Dimensions: 10"L x 4.5"W x 3.9"H