



## Description

The monster dumbbell used to be a circus act, purely because of the impressive visual spectacle of seeing someone lift an enormous weight overhead with one hand. In recent years, the monster dumbbell has become a staple of strongman competitions around the world. The Bench Fitness Monster Dumbbell brings that magic to your gym. The Bench Fitness Monster Dumbbell is plate loadable with small diameter olympic plates. With an unloaded weight of 40kg, the Bench Fitness Monster Dumbbell lives up to Monster name.

Measuring at 750mm in length and 330mm in diameter the Bench Fitness Monster Dumbbell is an absolute unit. With the 50mm thick grip, your grip is sure to get a good workout as well. The Bench Fitness Monster Dumbbell is designed using our Built Strong philosophy that will ensure longevity and durability.

Finish on the coated sleeves may experience wear over time due to any contact with metal, such as when plates are added or removed.

## Features

- 50mm solid steel grip
- Accepts Olympic plates
- 40kg unloaded weight

## Specifications

Material:	Solid 50mm grip
Length:	750mm
Height:	330mm
Width:	330mm
Weight:	40kg

## Dimesions

