



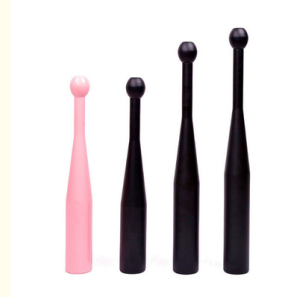
Fitness Stick Bell Iran Stick Steel Male And Female Physical Training Stick Hammer Portable Stick Bell

Our Product Introduction

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Basic Information

- Place of Origin: Qingdao, China
- Brand Name: HBS
- Model Number: Fitness Stick Bell Iran Stick Steel Male and Female Physical Training Stick Hammer Portable Stick Bell
- Minimum Order Quantity: 1 unit
- Price: Please contact sales personnel
- Packaging Details: Carton packaging
- Delivery Time: Please contact sales personnel
- Payment Terms: D/P, T/T
- Supply Ability: Please contact sales personnel



Product Specification

- Material: Alloy Steel
- Color: Customizable
- Weight: 2kg, 4kg, 6kg, 8kg, 10kg
- Internal: Steel Ball+Iron Sand
- Highlight: Portable Fitness Stick Bell, Steel Fitness Stick Bell, Male Fitness Stick Bell



More Images



Product Description

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Bang Ling, also known as Iranian Bang, is a fitness equipment that exercises the whole body and muscle groups: it is superior to dumbbells and other fitness equipment in shaping body shape, core muscle training, and overall balance training. At the same time, targeted training for local muscle building is lower than dumbbells. When choosing, please consider your own needs and choose fitness equipment that suits you.


Bangling exercise is a whole-body exercise that involves all joints, including the waist, cervical spine, shoulders, ankles, and knees. It is particularly friendly for those who stand for a long time and has many benefits for the body. It takes a few minutes every day. Everyone's joint opening degree is different, and everyone's strength is also different. Don't blindly pursue difficult movements and weight. We need to proceed step by step.

Name:	Wanling or Iranian Wanling
Color:	Pink, Black, Customized Other
Material:	Outer layer alloy steel, inner layer steel balls+iron sand
Weight:	2kg, 4kg, 6kg, 8kg, 10kg
Size:	2kg: length 50cm, diameter 5cm 4kg: 55cm in length and 7.5cm in diameter 6kg: 60cm in length and 7.5cm in diameter 8kg: length 65cm, diameter 7.5cm 10kg: 70cm in length and 7.5cm in diameter


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