



Dumbbells Aquatics Ruby OKEO®, Pair

Ruby Hydrobells are floating PE foam dumbbells, ideal for **high intensity aquatic workouts**, focusing on **arms, shoulders and upper torso**.

Product description:

Ruby Hydrobells: Dumbbells floating for high intensity aquatic workouts Innovative PE foam design for maximum efficiency

Ruby Hydrobells are designed to enhance **water workouts** by providing **resistance** and controlled **buoyancy**. Made of **high quality PE foam**, they offer an **ergonomic and secure grip**, facilitating effective **arm, shoulder and upper torso** training.

Optimization of controlled depth training

Thanks to their compact design (30x15x12.5 cm) and **8 cm thickness**, these **hydro dumbbells** are ideal for sessions in water **depths of 120-140 cm**. They can also be used in deeper environments with **flotation belts**.

Key benefits for fitness centers and aqua gyms

- **Water resistance** for high intensity training.
 - High quality **PE foam material** with soft grip.
 - **Focus on upper body strengthening**.
 - **Compatible with different depths and flotation accessories**.
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Ruby Hydrobells are a versatile and efficient choice for gyms, rehabilitation centers and water-based functional training programs.

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