



DESCRIPTION

FED dumbbells

Customizable

The kit includes several plates of different weights along with bars and handles for kettlebells, allowing for customizing all of your equipment.

Connected

It connects to the Move It sensor which, thanks to its mobile App, allows for complete training monitoring as well as an online exercise program.

4 Functions

Dumbbells, kettlebells, barbells, and grips for doing pushups can be used.

Ergonomic

The bars are covered with foam for a firm and comfortable grip.

Non-Slip

Includes ABS anti-slip grip and anti-slip twist locks.

Technical specifications

- Contents: 4-1.25 kg plates, 4-1.5 kg plates, 4-2kg plates, 4-2.5 kg plates, 2 dumbbells, 1 padded barbell, 2 kettlebells, 1 kettlebell stand
- Materials: steel bar and plates with iron alloy and sand with polyethylene (PE) coating
- Dumbbell length: 50.5 cm
- Padded barbell length: 40 cm
- 25 kg plate dimensions: 15.5 x 3.5 cm
- 5 kg plate dimensions: 17 x 3.8 cm
- 2 kg plate dimensions: 18 x 4 cm
- 5 kg plate dimensions: 20 x 4.1 cm
- Color: black, orange

Move It sensor

Real-Time Monitoring

The Move It sensor captures the movements of your exercise sessions with the FED weights. It can then collect data from workouts and offer you tips for improvement.

Bluetooth Connection

It connects to your cell phone with a Bluetooth 4.0 connection.

Proprietary App

Its App, Move It, centralizes your training data and includes various exercise tutorials for different muscle groups.

Avoid Injuries

By detecting each movement trajectory, it can give you various tips to avoid injury.

Compatible with iOS and Android

Its application is easily linked with any device with Android 4.4 and iOS 9.0 or later.

Technical specifications

- Compatibility: Android from 4.4 and iOS from 9.0
- APP: Move It App
- Connection: Bluetooth 4.0
- 6-axis gyro sensor



- Battery: 180mAh
- Input connection: Micro USB
- Input: 5V/1A
- Dimensions: 40 mm x 40mm x 47 mm
- Weight: 56 gr
- Material: silicone, ABS plastic, PC plastic

The bar weight (1kg) is included in the total weight. The bar can support 14 discs maximum

TECHNICAL SPECIFICATIONS.

Weight	30 kg
Color	30 Kg
Power	180mAh battery
Connectivity	Wireless 4.0 compatible.
Compatibility	Android and iOS devices
Material	Anti-slip ABS and PC plastic
Product	Complete training Kit with sensor Xiaomi Fed
APP	Move it!
Shape	Ergonomic
Ports	Micro USB

STRENGTHS

FED REF.ORMANC30P EAN: 8427542117898

Recommended retail price: €134.90