Nextrainer Roller Dumbbells (NRD)

Background of the invention

This invention provides an enhanced dumbbell for general population named as NRD (Nextrainer Roller Dumbbell). This is no different in appearance from a conventional dumbbell, the difference lies in the functionality and the design which makes it unique and effective in gaining muscular strength and endurance in a simpler and more efficient way for individuals with different fitness levels i.e. from the sedentary individual to the fitness freaks, hence anyone above the age of 15 can attain benefits out of this unique invention.

Detailed description of the invention

Nextrainer Roller Dumbbell consists of two weight plates with ball bearing fitted (fig 1) inducing rotation of the weight plates. One stainless steel rod with screw ends to facilitate the nut for plates to tighten on the rod. That completes the dumbbell shape. The nuts can be easily tightened by hand.

BENEFITS of Nextrainer Roller Dumbbells

1. Keep up the elasticity of the spine **(Beginner Level)**
    a. Posture correction
    b. Coordination exercises, especially upper body such as, chest, shoulders, arms and back muscles.
    c. More than 20 different exercises can be performed
    d. Additional weight can be added to increase resistance
    e. Less complications of the process and lowest injury chances
2. Strength workout for all muscle groups **(Intermediate to Advance Level)**
    - Core muscle group
    - Major muscle group
    - Minor muscle group
    - Stabilizer muscle group
3. Endurance exercises for all muscle groups **(Advance Level)**
    - Core muscle group
    - Major muscle group
    - Minor muscle group
    - Stabilizer muscle group

Characteristics of NRD

- Easy storage.
- No maintenance.
- Nearly zero wear and tear prolonged life span of the equipment.
- Chances of injury are almost negligible.
- Easy to assemble and disband.
- Affordable.
- Effective exerciser for general population
- Young adults over the age of 15 years

THE BYWORDS OF THE INVENTION IN WHICH AN EXCLUSIVE PROPERTY OR PRIVILEGE IS CLAIMED ARE DEFINED AS FOLLOWS

Nextrainer Roller Dumbbells

1. Dumbbell plates are installed with a **Ball Bearing** for rotational movement around the dumbbell's rod axis. (Fig.1)
2. Washers on both ends of the dumbbell can be removed and help allowing tighten the weight plates on different positions along the dumbbell rod (figure.1) and (figure.2)
3. Specially designed bolt connecting the two separate dumbbell bars at each end to form a complete barbell. (figure 3)