Nextrainer Roller Dumbbells (NRD)

Abstract

Dumbbells have been used as an exerciser since many years with slight change in design but no changes in the function. Nextrainer has modified the functionality of the dumbbell is a creative way to induce the ultimate exercise effects onto the upper body muscle groups such as Pectoralis major and minor, latissimus dorsi, anterior and posterior deltoids, biceps and triceps, flexor and extensor muscles in forearms, rectus abdominus, oblique's and erector spine muscles.

This revolutionary exerciser works all the above-mentioned muscles in a simplest and effective manner. The NRD (Nextrainer Roller Dumbbells) is a creative effort from team nextrainer to incorporate muscular strength and endurance. This unique exerciser induces muscular strength with almost no injury chances so it makes the product easy to use for the general population above the age of 15 years.

(Figure 1)