



NuFit NuBells



A safer and fun way to workout at your home, office and gym

- Designed with human biomechanics in mind
- Safer on tendon and ligaments from other weights
- Reduce tennis elbow injuries with open palm exercises
- Circular weight design evenly distributed
- Comfortable and attractive NuBells
- 2 in 1 system with a simple NuBar attachment
- NuBells available from 5 lb to 100 lbs

The NuFit Corp. patented NuBells were designed with the biomechanics of the human in mind. We now understand the stress of tendons and ligament support when muscles are in motion with load (weights) bearing exercise. We at NuFit Corp. have been able to come up with a better way to distribute that load to help prevent the unwanted stresses of tendons, ligaments and joints while lifting load (weights).

The weight of the NuBells is evenly distributed around the circle, so in reality the weight is evenly distributed around the lifting hand as opposed to weight on both sides of the hand.

When using a normal dumbbell the user has to try and maintain a balance of the two sides, thus causing unnecessary torque (tendon stress) in the wrist and elbow. This is also the case whenever the dumbbell user is performing exercises that require strict form and motion.

When lifting with the NuFit Corp. NuBells the user can place the weight against their wrist, and with the weight being evenly distributed around the hand the exercises being performed can be done with perfect wrist position and support, thus eliminating torque in the wrist and elbow. (relieving unwanted tendon and ligament stress)

Another benefit of the balanced weight is when the weight is being lifted overhead; the open hand position can be used. An open hand when pressing weights overhead eliminates unwanted forearm tension and elbow tension that normally occurs when gripping something tight. When inflammation occurs in these tendons from overuse it is described as Tennis Elbow. When the stress and tension are taken out of the elbow, the movement can be done more freely , saving the tendons from stress and inflammation.



The NuBells are an attractive looking weight because of the colors and design, but they are also designed to be safer and ergonomic when lifting. The steel weight is incased with plastic and rubber, making it safer for the user. The rubber, rounded edges help to prevent injury when the weight bumps into any part of the body. The simple fact is the user feels safer when lifting the NuBells!

In addition, NuBells may also be integrated with our patented NuBar to form a 2 in 1 system for your home, office and gym. We also offer NuGym kits such as: [Muscle Kit](#), [Tone Kit](#), [Pro 530 Kit](#) and [Pro 550 Kit](#) that includes NuBells from 5 lbs to 100 lb

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