

Kompakthanteln - Zusammensetzung

| Gesamtgewicht/ Hantelstange/ total weight/ dumbbell bar/ Poids total/ Samlet veegt | Hantelstange/ dumbbell bar/ Barre d'halteres/ Vasgstang | Hantelscheiben/ weight plates/ Disques d'halteres/ Veegtskiver | | |
|---|---|---|------------------|----------------|
| | | SDP125 1,25 kg | SDP250 2,5 kg | SDP500 5 kg |
| 5 kg | SDH1 | 2 | | |
| 7,5 kg | SDH2 | 4 | | |
| 10 kg | SDH2 | 2 | 2 | |
| 12,5 kg | SDH2 | | 4 | |
| 15 kg | SDH3 | 2 | 4 | |
| 17,5 kg | SDH3 | | 6 | |
| 20 kg | SDH4 | 2 | 6 | |
| 22,5 kg | SDH2 | | | 4 |
| 25 kg | SDH3 | 2 | | 4 |
| 27,5 kg | SDH3 | | 2 | 4 |
| 30 kg | SDH4 | 2 | 2 | 4 |
| 32,5 kg | SDH4 | | 4 | 4 |
| 35 kg | SDH4 | 2 | | 6 |
| 37,5 kg | SDH4 | | 2 | 6 |
| 40 kg | SDH5 | 2 | 2 | 6 |
| 42,5 kg | SDH4 | | | 8 |
| 45 kg | SDH5 | 2 | | 8 |
| 47,5 kg | SDH5 | | 2 | 8 |
| 50 kg | SDH6 | 2 | 2 | 8 |
| 52,5 kg | SDH5 | | | 10 |
| 55 kg | SDH6 | 2 | | 10 |
| 57,5 kg | SDH6 | | 2 | 10 |
| 60 kg | SDH7 | 2 | 2 | 10 |
| 62,5 kg | SDH6 | | | 12 |
| 65 kg | SDH7 | 2 | | 12 |
| 67,5 kg | SDH7 | | 2 | 12 |
| 70 kg | SDH8 | 2 | 2 | 12 |
| 72,5 kg | SDH7 | | | 14 |
| 75 kg | SDH8 | 2 | | 14 |
| 77,5 kg | SDH8 | | 2 | 14 |
| 80 kg | SDH8 | 2 | 2 | 14 |
| 82,5 kg | SDH8 | | | 16 |

