Dumbell Lignum Vitae Weight Training Fixed

£2,700

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REF: 11765

Height: 41 cm (16.1")

Diameter: 7.5 cm (3")

Description

Rare piece of weightlifting memorabilia.

Unusual conversation piece for use or as a collectors piece Beautiful, tactile lustrous patina. Lignum vitae is sought after for the beauty of its grain, coloring, patina, density and toughness

The dumbbell is a free weight used in weight training for centuries used individually or in pairs with one in each hand. The forerunner of the dumbbell, halteres, were used in ancient Greece as lifting weights.

Translated from Latin, vignum vitae means "wood of life" - probably adopted because of its medicinal qualities. The body, gum, bark, fruit, leaves and blossom all serve some useful purpose. In fact, the tree has been regarded for its medicinal properties. A gum (gum guaiac) obtained from its resin was once regarded as a purgative. It was exported to Europe from the early 16th century as a remedy (combined with mercury) for syphillis and has also been used as a remedy for gout. The wood was once used as propeller shaft bearings in nearly all the ships sailing the 'Seven Seas'. Because of this, Lignum Vitae and Jamaica are closely associated in shipyards worldwide. It is a very heavy wood which will sink in water. Because of its toughness it is used for items such as mortars, mallets, pulleys and batons and sometimes used for furniture

Measures: Length 41cm., 16" weighted ends diameter 7.5cm., 3".

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