

Equipment (Hexagonal Dumbbells)

Dumbbells can be incorporated into your rehabilitation program.

We recommend hexagonal or “hex” dumbbells because the flat side of the weights allows them to stably rest and makes them easier to store.

Below we have provided options for the purchase of dumbbells in the greater Toronto Area. Dumbbells range from 2.5 lbs to 120 lbs in some stores. We have provided only a few examples of the cost of some dumbbells.

COVID Updates

During these uncertain times product stock and store operation hours are changing frequently. We recommend **calling or emailing the store ahead of time** and confirming the availability of the dumbbells you need before going to pick them up.

Some locations are offering delivery or curbside pickup options. For curbside purchases a credit or debit card with the contactless payment (“Tap”) will be required.

If you, a friend or relative are going to be purchasing equipment using one of these options we recommend the following precautions:

1. Wear gloves
2. Wipe down the equipment with an at least 60% alcohol solution
3. Wipe down any table or surface the equipment has been placed on with an at least 60% alcohol solution
4. Remove & throw out gloves
 - a. For proper glove removal technique please see [Ontario Public Health Glove Doffing](#)
5. Wash hands with soap

| Store | Location (Click on Link) | Contact Info | Cost (Per Unit) Examples | | Delivery | COVID-19 Status |
|-----------------------------|--|----------------|---|----------------|----------|---|
| | | | | | | |
| Dotmar Athletics | 3035 Wharton Way Mississauga, Ontario, Canada, L4X 2B4 | (905) 272-3663 | 5 lbs | \$4.65 | Yes | In Store (CLOSED) Limited Online (OPEN) |
| | | | 7.5 lbs | \$9.30 | | |
| | | | 10 lbs | \$13.95 | | |
| | | | 12.5 lbs | \$18.60 | | |
| | | | 15 lbs | \$23.25 | | |
| | | | 20 lbs | \$32.55 | | |
| Fitness Depot | 2725 Yonge Street, Toronto, ON, M4N 2H8 | (416) 480-1525 | 5 lbs | \$10.00 | NO | OPEN Hours 12-5 1 customer allowed in store at a time |
| | | | 8 lbs | \$16.00 | | |
| | 40 Ronson Drive Etobicoke, ON M9W 1B3 | (416) 243-8888 | 10 lbs | \$20.00 | | |
| | | | 921 Progress Ave, Scarborough, ON M1G 3V4 | (416) 288-1673 | | |
| | 55 Glen Cameron Rd #2A, Thornhill, ON L3T 1P2 | (905) 731-3339 | | | | |
| | | | 20 lbs | \$40.00 | | |

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|-----------------------------|--|---|------------------------|---------|------------------------------------|---|
| Foremost Fitness | 1760 Avenue Rd, Toronto, ON M5M 3Y9 | (416) 482-6563 | \$2.00/lb | | Pick up available at back of store | In Store (Closed) Taking Phone Orders Hours: 10-6 |
| Sportchek | Various Locations (Store Locator) | Varies by location | 5 lbs | \$11.99 | YES | In Store (CLOSED) Online (OPEN) |
| | | | 8 lbs | \$19.99 | | |
| | | | 12 lbs | \$29.99 | | |
| Play it Again Sports | 773 The Queensway, Etobicoke, ON M8Z 1N4 | (416) 503-2288 Or pias689@gmail.com | \$1.50/lb | | NO | Curbside Pick up Hours: 10-2 |
| | 2488 Gerrard St E, Scarborough, ON M1N 1W8 | (416) 690-0666 | | | | Closed |
| | 4905 Bathurst St, North York, ON M2R 1X8 | (416) 222-5713 | | | | Out of Stock |
| | 3055 Dundas St W, Mississauga, ON L5L 3R8 | (905) 607-2837 | | | | Closed |

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|------------------------------|--|--------------------|------------------------|---------|---|--------|
| The Treadmill Factory | 2111 Dunwin Dr #8, Mississauga, ON L5L 3C1 | (905) 828-9033 | 5 lbs | \$6.50 | YES At customer expense 7-10 days to ship | Closed |
| | | | 8 lbs | \$10.30 | | |
| | | | 10 lbs | \$12.90 | | |
| | 505 Cochrane Dr, Markham, ON L3R 8E3 | (905) 944-0090 | 12 lbs | \$15.50 | | |
| | | | 15 lbs | \$19.40 | | |
| | | | 20 lbs | \$25.80 | | |
| Wal-Mart Canada | Various Locations (Store Locator) | Varies by location | 5 lbs | \$6.02 | Order online pick up instore | OPEN |
| | | | 8 lbs | \$10.02 | | |
| | | | 10 lbs | \$16.98 | | |
| | | | 15 lbs | \$15.02 | | |

Disclaimer: UNH is not affiliate with the retailers above. The information provided is intended as a resource to aid patients in procurement of equipment for their rehabilitation. The information is current as of April/9th/2020 and is subject to change without notice