

In our project, the students designed and built sports equipment using recycled materials, showing creativity and environmental awareness



Three of them, Ludovica, Nicola and Davide, worked together to create a 4-kilogram dumbbell. They used plastic bottles filled with leftover material from a quarry to add weight, and a cardboard tube taken from empty aluminum rolls as the handle. The result was a functional piece of equipment made entirely from reused items.

The other two students, Niccolò and Federico, built a 5-kilogram kettlebell. They used a 5-liters plastic wine bottle as the main body and created the handle from a recycled motor oil container. To achieve the right weight, they filled it with waste material from a quarry, just like in the dumbbell.

These projects demonstrate how everyday discarded materials can be transformed into useful sports tools, promoting both sustainability and teamwork.



5 kg kettlebell

4 kg dumbbell