London's Gymbox at Bank introduces human dumbbells

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A gym in London has replaced its dumbbells with human weights - including dwarves who shout encouragement to motivate exercise.

Gymbox at Bank, in the centre of the capital's financial district, today introduced its bizarre fitness regime with human weights ranging from a 155kg man to a 30kg female.

The human dumbbells wear black leotards with their weights printed across their chests and sit on adapted machines to let the weightlifter visualise what they are lifting.

Gymbox owner Richard Hilton said it wasn't a gimmick but rather about having a human weightlifting device as the "ultimate embodiment of visualisation theory".

"Creating a mental image or intention of what you want to happen certainly is proven to improve physical and psychological performance," Mr Hilton said.

"We're optimistic our members will see better results with our new human weight machine."

The gym boss said the troupe would also shout encouragement.

The human weights range from "Dainty Dupe" Arli Shah, 32, who weighs just 30kg, up to "Super Human" Matt Barnard, 37, who weighs 155kg. Other men and women in between weigh 55, 85 and 75 kilograms.

The gym has also been offering classes called "chub-fighting" and "WAG workouts" designed to make women more attractive to footballers.