

Includes a Pair of Dumbbells, Weight Plates & Rack

The MX55 Rapid Change Dumbbell System feature our unique MX SELECT patented rack and pinion system; compact size, balanced and secure.

One pair of MX55 Dumbbells replaces a 10-piece dumbbell set and a cumbersome rack. The MX55 Rapid Change Dumbbell System includes a sleek rack (rack included) is space efficient and easy to use, perfect for any in-home fitness room.

With the MX55 Dumbbell cradled in the weight rack you can simply select the weight from 10-55 lbs [4.5-24.9 kg] at the turn of a dial. The selected weight is locked into place as soon as the selector dial is pushed home.

Safe, convenient, accurate and space efficient, the MX55 Rapid Change Dumbbell System is a perfect addition to any home workout area.



MX55 WEIGHT LEGEND				
NO.	LBS.	CAUTION	NO.	KGS.
1	10	DO NOT DROP! DROPPING MAY CAUSE DAMAGE TO HANDSET COMPONENTS AND WEAR TO WEIGHTS.	1	4.5
2	15		2	6.8
3	20		3	9.1
4	25	SELECTOR DIAL MUST BE COMPRESSED TO LOCK WEIGHT IN PLACE BEFORE LIFTING.	4	11.3
5	30		5	13.6
6	35		6	15.9
7	40		7	18.1
8	45		8	20.4
9	50		9	22.7
10	55		10	24.9



MX55 - MIN Weight 10 lb / 4.5 kg



MX55 - MAX Weight 55 lb / 24.9 kg

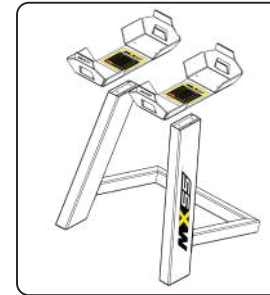
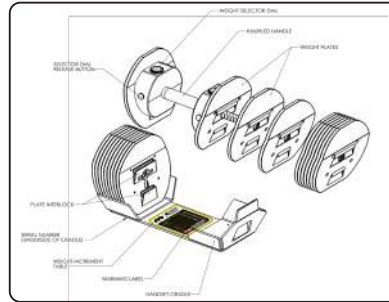


SPECIFICATIONS & DIMENSIONS

DUMBBELL SYSTEM WEIGHT RANGE	✦ 10-55 lbs in 5 lb increments	✦ 4.5-24.9 kg in 2.25 kg increments
DUMBBELL LENGTH - MINIMUM WEIGHT	✦ 9.58" - MIN 10 lbs	✦ 24.3cm - MIN 4.5 kg
DUMBBELL LENGTH - MAXIMUM WEIGHT	✦ 15.94" - MAX 55 lbs	✦ 40.5cm - MAX 24.9 kg
HANDLE DIMENSIONS	✦ Grip Length 5.31" 13.5 cm	✦ Grip Diameter 1.29" 3.27 cm
FOOTPRINT - DUMBBELL & RACK	✦ 18.74" L x 22" W x 30.68" H	✦ 47.6 cm L x 55.9 cm W x 77.9 cm H
TOTAL WEIGHT - DUMBBELL & RACK	✦ 142 lbs	✦ 64.4 kg

MATERIALS

DUMBBELL BODY	✦ Steel
DUMBBELL GRIP	✦ Knurled Steel
WEIGHT PLATES	✦ Steel Coated in Polyanide Nylon
HANDSET MECHANISM	✦ Steel and ABS
WEIGHT RACK & CRADLE	✦ Powder Coated Steel



OPTIONAL - MX SELECT MX80 TWO BARBELL & RACK SYSTEM



OPTIONAL - MX SELECT ADJUSTABLE TRAINING BENCH



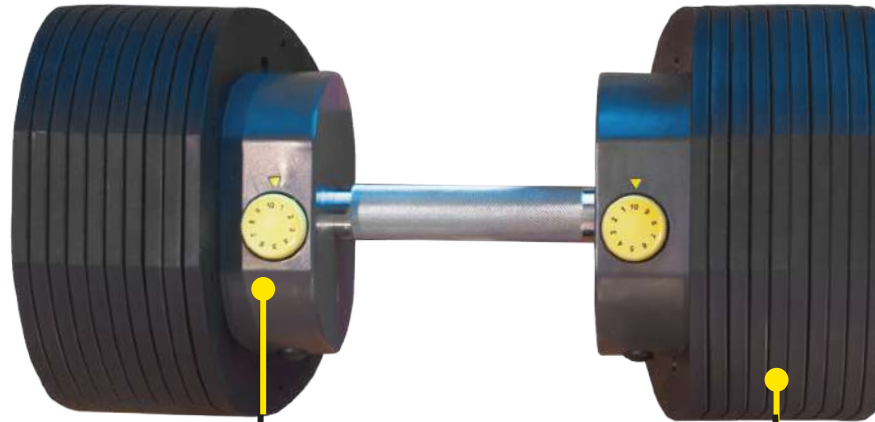
3 BOXES PER SYSTEM	Box per Unit	Length mm	Width mm	Height mm	Nett Kg	Gross Kg	Cubic Meters	Length Inches	Width Inches	Height Inches	Nett Lb	Gross Lb	Cubic Foot
MX55 DUMBBELLS	BOX 1	500	300	300	28.5	31.2	0.045	19.7	11.8	11.8	62.83	68.64	1.59
	BOX 2												
MX55 RACK	BOX 3	650	370	135	7.6	9.5	0.032	26.0	14.6	5.3	16.76	20.9	1.13



RAPID CHANGE DUMBBELL SYSTEM



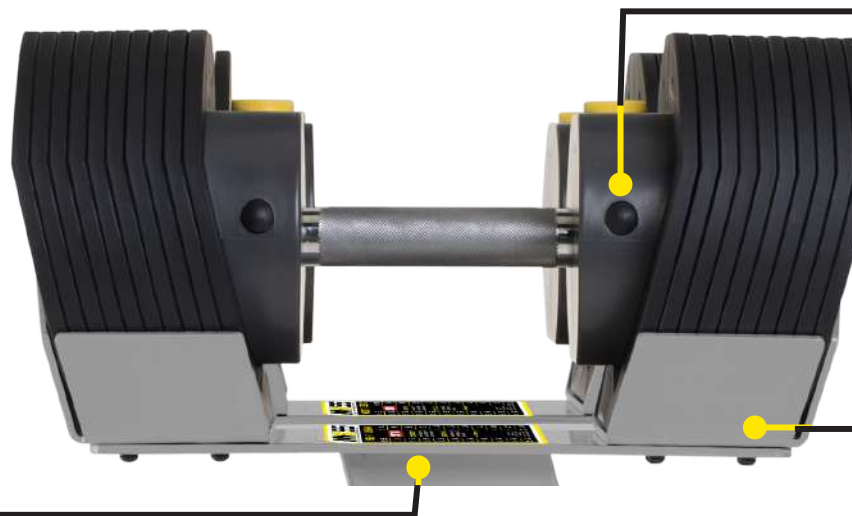
Selector Dial



Ten x 5lb / 2,5kg
Weight Plates
per side

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3	20	DO NOT DROP!	3	9.1
4	25		4	11.3
5	30	SELECTOR DIAL	5	13.6
6	35		6	15.9
7	40	MUST BE DEPRESSUED TO LOOK READY TO PLACE BEFORE USING.	7	18.1
8	45		8	20.4
9	50	www.MXSelect.com	9	22.7
10	55		10	24.9

Weight Legend



Weight Selector
Release Button

Weight Plate
Cradle

