



STAIRMASTER® TWISTLOCK DUMBBELLS

Since 1983, StairMaster® has been making a name for ourselves in the gym. Now, we're making workouts more convenient at home. Our new TwistLock™ Dumbbells let you change weights in 2 kg increments with the simple twist of a handle – no knobs to turn or levers to slide. With weights ranging from 2 to 20 kgs, TwistLock gives you an entire 10-piece set in a single dumbbell – all with a durable construction and a modern, lightweight aluminum cradle. It's a great way to get a real workout with real results – all from a smart, compact design.



EXERCISE GUIDE

TwistLock Dumbbells come with a StairMaster Exercise Guide, complete with 20 distinct workouts enabling a total-body workout for users of all fitness levels.



TWISTLOCK DUMBBELL STAND

The TwistLock Dumbbell Stand is an easy way to get the most out of your StairMaster TwistLock Adjustable Dumbbells. Sold separately, this heavy-duty, powder-coated steel frame allows you to mount your dumbbell cradles to the stand at the optimal height for quick and easy access, encouraging proper lifting form and less strain on your back.



DUMBBELL AND CRADLE SPECS	
WEIGHT RANGE	2 to 20 kg each dumbbell
WEIGHT INCREMENTS	2, 4, 6, 8, 10, 12, 14, 16, 18, 20
SIZE RANGE	2 kg starting weight is only 23.6 cm long, length increases
INCLUDES	2 dumbbells, 2 cradles and exercise guide
PRODUCT DIMENSIONS (5 LB HANDLE ONLY)	23.8 L x 9 W x 9 H cm
PRODUCT DIMENSIONS (1 CRADLE ONLY)	36.6 L x 19.8 W x 19.1 H cm
PRODUCT DIMENSIONS (50 LB DUMBBELL ONLY)	40.8 L x 23.2 W x 9.2 H cm
PRODUCT DIMENSIONS (50 LB DUMBBELL IN CRADLE)	40.8 L x 23.2 W x 20.3 H cm
PRODUCT WEIGHT (2 DUMBBELLS, 2 CRADLES)	46.8 kg
TOTAL SHIPPING WEIGHT (2 DUMBBELLS, 2 CRADLES)	49.4 kg
SKU	111004
DUMBBELL STAND SPECS	
DUMBBELL STAND DIMENSIONS (STAND ONLY)	55.7 L x 84.5 W x 63.4 H cm
DUMBBELL STAND WEIGHT (STAND ONLY)	9.9 kg
DUMBBELL STAND SHIPPING WEIGHT (STAND ONLY)	11.4 kg
SKU	110003

Core Health & Fitness is more than gym equipment, we offer innovative solutions for all your facility needs. This is why we've brought together five of the most recognizable fitness brands to ensure our customers can offer their members authentic fitness experiences. Whether working with us directly or through our partners and distributors worldwide, we provide the highest quality equipment backed by a service and support team that will always go the extra mile to get you what you need, when you need it. Partner with us and see how our Core Values motivate our every decision.

CORE | *StairMaster*
HEALTH & FITNESS | *SCHWINN*
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