

# MX SELECT

## RAPID CHANGE WEIGHT SYSTEMS

# MX55™ DUMBBELL SYSTEM

The MX55 Rapid Change Dumbbell System features our unique MX Select patented rack & pinion selection system: compact size, balanced feel and totally secure.

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

The MX Select antimicrobial contoured handle offers surface protection against bacteria, mould & mildew, and other hazardous microbes.

One pair of MX55 Dumbbells replaces a 10-pair dumbbell set, taking up only one-tenth of the space. Safe, convenient, accurate and space-efficient, the MX55 Rapid Change Dumbbell System is a perfect addition to any home workout area.

The optional MX Dumbbell Stand elevates the Dumbbells to provide the sleek look of a professional training studio.

There is also an optional MX Select Adjustable Training Bench to further enhance your training space.

## Includes a Pair of Dumbbells, Weight Plates & Cradles



**MX55 - MIN Weight 10lb / 4.5kg**



**Weight Legend**

MX55 WEIGHT LEGEND		
NO.	LBS.	KGS.
1	10	4.5
2	15	6.8
3	20	9.1
4	25	11.3
5	30	13.6
6	35	15.9
7	40	18.1
8	45	20.4
9	50	22.7
10	55	24.9

**CAUTION**  
DO NOT DROP!  
DUMBBELLS ARE HEAVY AND CAN BE DANGEROUS IF MISUSED.  
SELECTOR DIAL MUST BE DEPRESSURED TO LOCK WEIGHT TO PLACE.  
SEE USER MANUAL FOR MORE INFORMATION.  
www.mxselect.com

**MX55 - MAX Weight 55 lb / 24.9 kg**



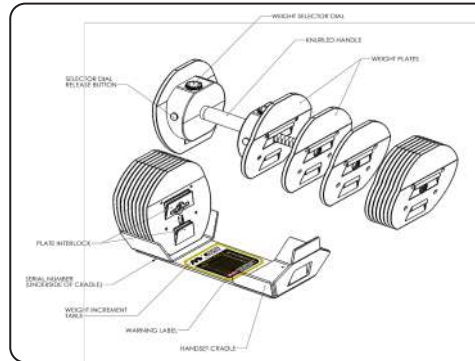
\* Antimicrobial properties built-in to the contoured dumbbell grip offer surface protection against bacteria, mould & mildew and other hazardous microbes.

## SPECIFICATIONS & DIMENSIONS

<b>DUMBBELL SYSTEM WEIGHT RANGE</b>	+ 10-55 lbs in 5 lb increments	+ 4.5-24.9 kg in 2.25 kg increments
<b>DUMBBELL LENGTH - MINIMUM WEIGHT</b>	+ 9.58" - MIN 10 lbs	+ 24.3cm - MIN 4.5 kg
<b>DUMBBELL LENGTH - MAXIMUM WEIGHT</b>	+ 15.94" - MAX 55 lbs	+ 40.5cm - MAX 24.9 kg
<b>HANDLE DIMENSIONS</b>	+ Grip Length 5.31" 13.5 cm	+ Grip Diameter 1.29" 3.27 cm
<b>FOOTPRINT - PAIR OF DUMBBELL</b>	+ 18.74" L x 22" W x 30.68" H	+ 47.6 cm L x 55.9 cm W x 77.9 cm H
<b>TOTAL WEIGHT - PAIR OF DUMBBELL</b>	+ 118 lbs	+ 64.4 kg

## MATERIALS

<b>DUMBBELL BODY</b>	+ Steel
<b>DUMBBELL GRIP</b>	+ Antimicrobial Contoured Grips
<b>WEIGHT PLATES</b>	+ Steel Coated in Polyanide Nylon
<b>HANDSET MECHANISM</b>	+ Steel and ABS
<b>WEIGHT RACK &amp; CRADLE</b>	+ Powder Coated Steel



## OPTIONAL - MX DUMBBELL STAND



## OPTIONAL - MX BARBELL SYSTEM



## OPTIONAL - MX SELECT ADJUSTABLE TRAINING BENCH



MX55 DUMBBELLS	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
	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												





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