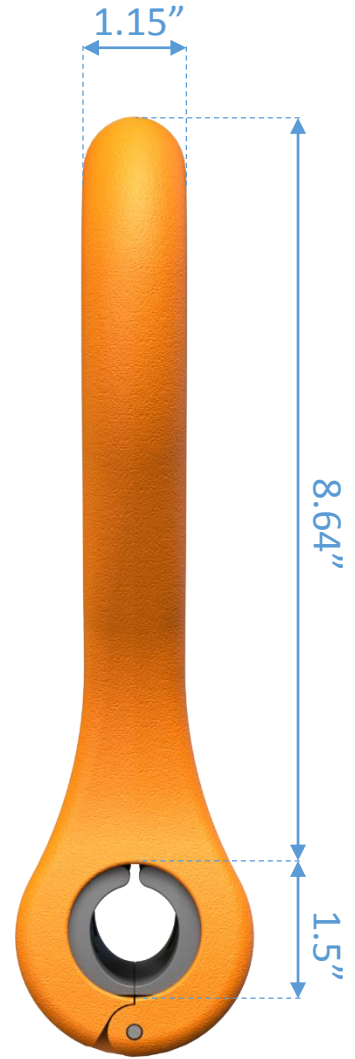
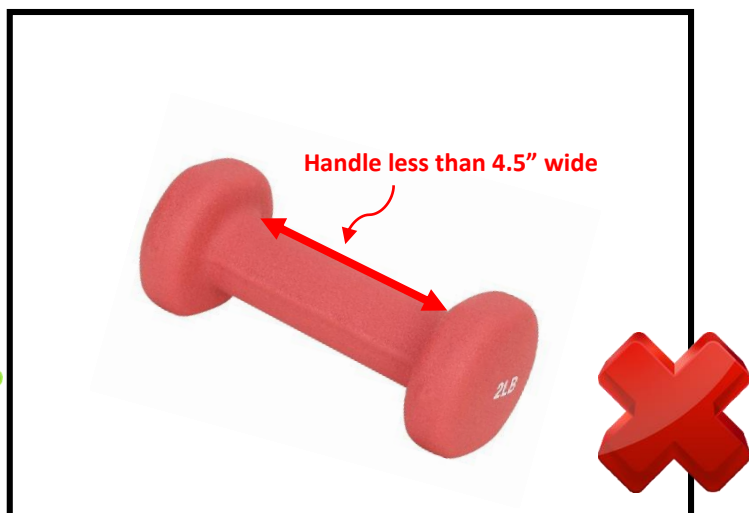
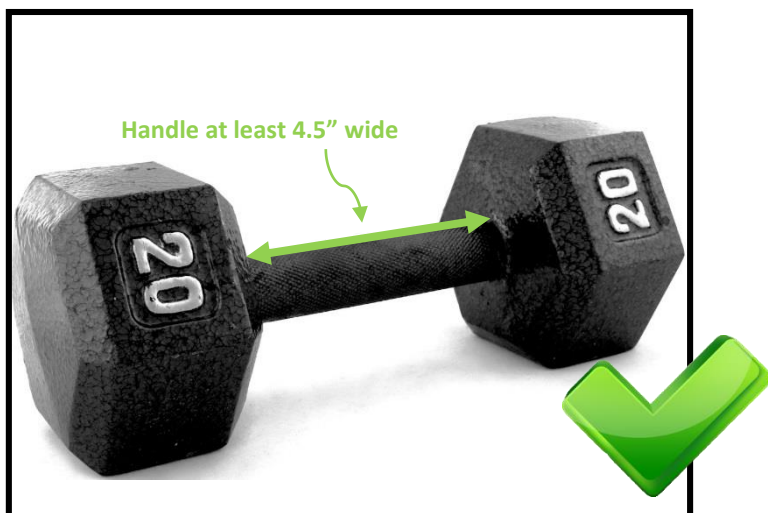




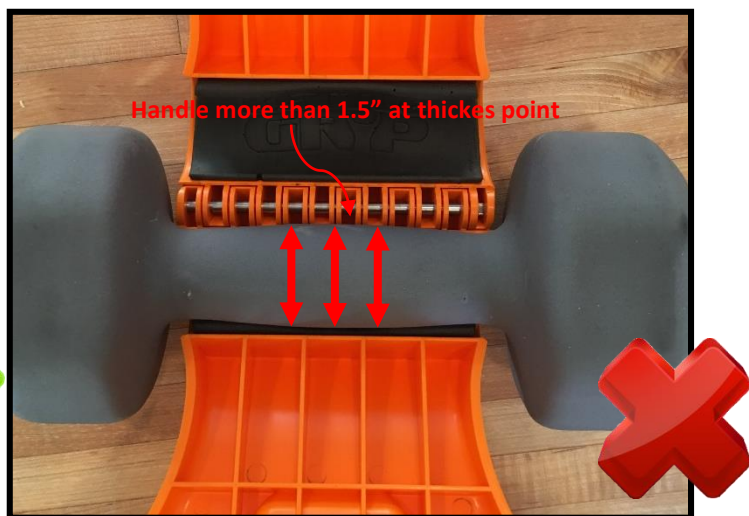
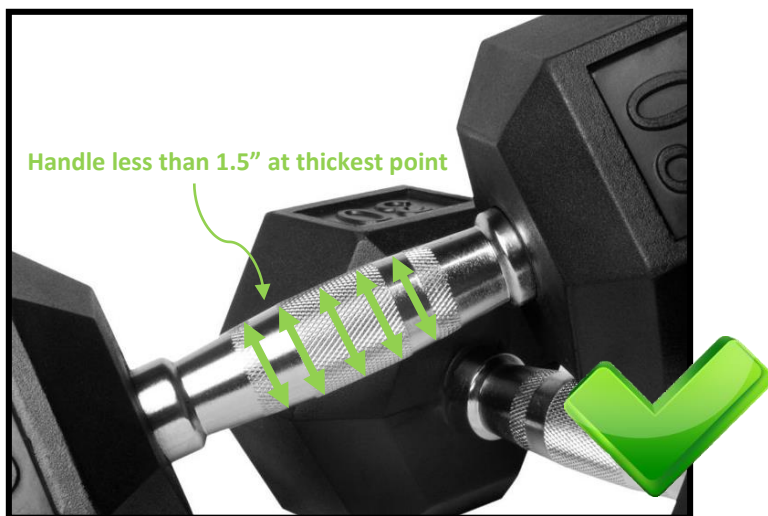
Compatibility Guide



HANDLE WIDTH – The dumbbell handle width needs to be at least 4.5" wide for the Kettle Gryp to fit. Most dumbbell handles are approximately 6.0" wide. Some very light weight dumbbells may be less than 4.5" wide.



HANDLE DIAMETER – The dumbbell handle diameter needs to be less than 1.5" at its thickest point. The foam insert inside the Kettle Gryp will contour to both straight and curved dumbbell handles as long as the thickest part of the dumbbell handle is less than 1.5".



WEIGHT SHAPE – Some dumbbells with large or odd shaped weights may interfere with the handle of the Kettle Gryp. Although the handle of the Kettle Gryp is a snug fit, the Bowflex SelectTech 552 will fit with no interference from the weight plates. The Bowflex SelectTech 1090 **will not** fit the Kettle Gryp when the large inner weight plates are selected.

