



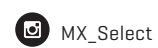
---

# OWNER'S MANUAL

---

*Revolutionising Strength Training*

REGISTER YOUR PRODUCT AT [WWW.MXSELECT.COM](http://WWW.MXSELECT.COM)





## WELCOME TO THE MX SELECT FAMILY

We hope you enjoy your new MX55 adjustable dumbbell system. We've designed MX55 to fit neatly into your lifestyle, adding flexibility and opportunity into your weight training regime.

The set's sleek form and unique safety features will motivate you to push your limits even further, challenging you to build a better, stronger, leaner body. The MX55's patented rack and pinion design enables you to move from 10-55 lbs [4.5-24.9 kg] at the turn of a dial to experience a full body workout with seamless weight transition.

Visit our website for more workout tips and news.

**WARNING**

**HEAVY 17 - 35KG**

*Consider two person lift  
or mechanical aid*



**FRAGILE  
DO NOT DROP**

DO NOT DROP DUMBBELLS. DROPPING THE HANDSET COULD RESULT IN CATASTROPHIC DAMAGE AND WILL VOID YOUR WARRANTY. IF YOU REQUIRE PRODUCT SUPPORT, REFER TO THE SUPPORT SECTION OF OUR WEBSITE [WWW.MXSELECT.COM/SUPPORT](http://WWW.MXSELECT.COM/SUPPORT). NEVER MOVE THE HANDSET CRADLE WITHOUT FIRST REMOVING ALL WEIGHT COMPONENTS (WEIGHT PLATES & HANDSET). USE DUMBBELLS AND COMPONENTS FOR THEIR INTENDED USE ONLY AS DESCRIBED IN THIS MANUAL.

# TABLE OF CONTENTS

Important Safety Instructions.....	4
Product Specifications.....	5
Product Registration & Serial Number.....	6
Unpacking Your MX55.....	6
System Assembly.....	7
Operating Instructions .....	10
Maintenance & Troubleshooting Guide .....	11

# IMPORTANT SAFETY INSTRUCTIONS

All users should read the operating instructions contained within this manual and understand how to handle the MX55 system before use. NOTE THE FOLLOWING SAFETY PRECAUTIONS:

1. CAUTION: As with all fitness programs it is advisable to consult a physician before undertaking exercise of a strenuous nature. If you experience any pain or dizziness while exercising, stop immediately and consult your physician.
2. This product is designed for home use only, and is not suitable or warranted for commercial application.
3. Children should be properly supervised at all times when near dumbbells and should never be left alone to operate them.
4. Warm up before undertaking any strenuous lifting.
5. Wear comfortable clothing that allows freedom of movement and shoes with non-slip soles.
6. Perform exercises consistently with correct technique – consult a personal trainer for guidance if unsure.
7. Know your heart rate and/or pulse, and your physician recommended heart rate training zone.
8. When performing heavy repetitions, use a spotter for safety.
9. Never lift the dumbbells if they are not functioning properly.
10. Never strike dumbbells together during use, this could cause permanent damage.
11. Be advised that MX55 dumbbells are heavy and can cause severe injury if dropped.
12. Do not lean on the dumbbell handles or use them to support your body weight, such as using them as a base to perform a push-up. Damage to the product and possible personal injury can occur.
13. Do not tilt or prop up stand or place anything beneath to the stand to change the angle in use.
14. Never attempt to move the selector dial while the product is out of the cradle and in use. Moving the selector dial releases the weight plates from the handset and doing so may cause weight plates to fall off. Dumbbells should be lifted by the handle grip only.
15. Do not intentionally drop or throw down the dumbbells as personal injury or catastrophic damage may occur.
16. Allow adequate space for your workout and remove any collision risks.

**KEEP THESE INSTRUCTIONS**

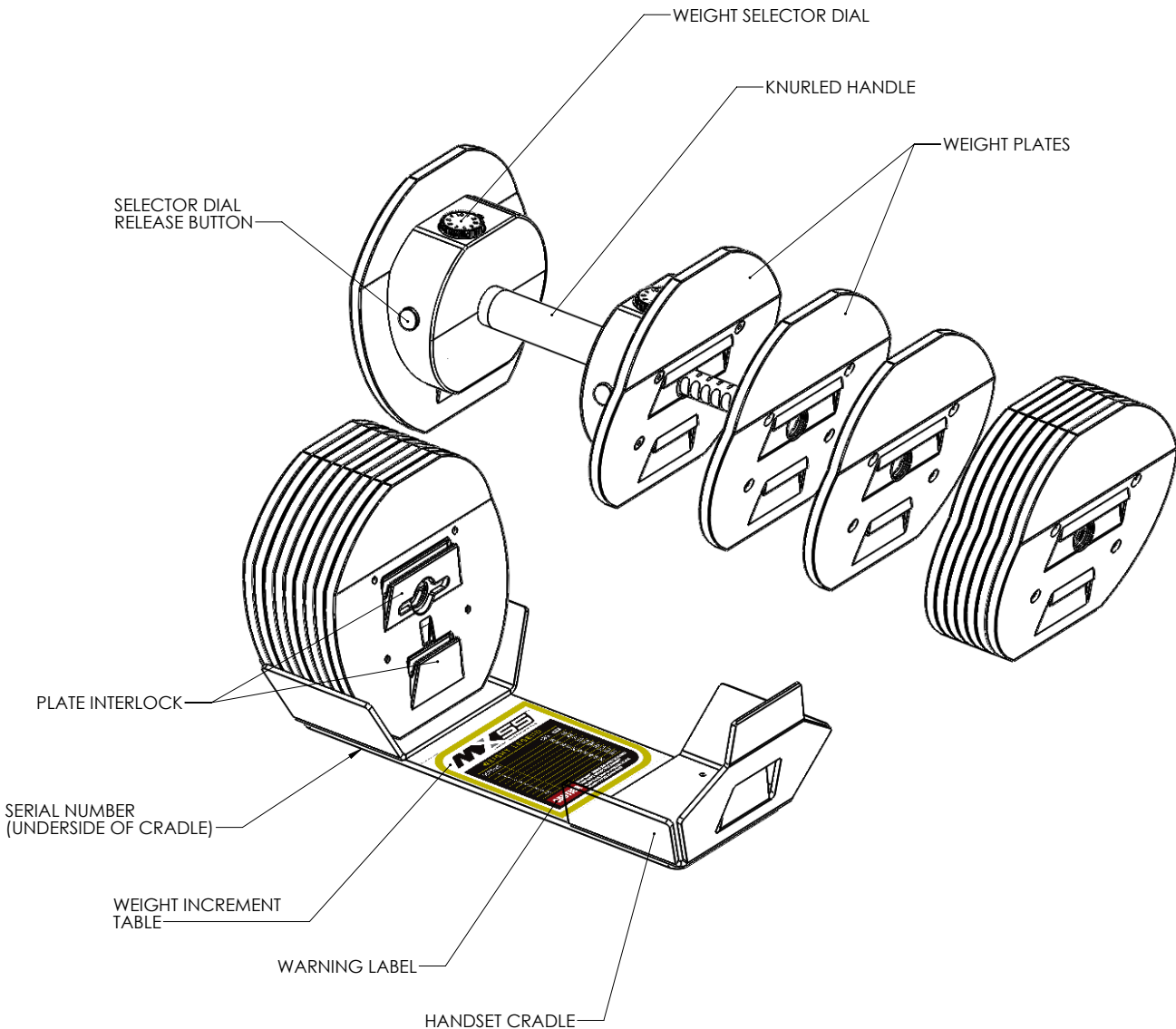
# PRODUCT SPECIFICATIONS

System Footprint in Stand: 18.74" L X 22" W X 30.675" H [47.6 cm L X 55.9 cm W X 77.9 cm H]

Assembled Unit Weight with Stand: 137.5 lbs [62.3 kg]

Shipping Package Weight with Stand: 159.5 lbs [72.35 kg]

## KEY FEATURES



# PRODUCT REGISTRATION & SERIAL NUMBER

## PRODUCT REGISTRATION

TO VALIDATE WARRANTY SUPPORT, RECORD YOUR UNIQUE PRODUCT PURCHASE BELOW AND SAVE YOUR ORIGINAL RECEIPT.

SERIAL NO. HANDSET 1\*

---

SERIAL NO. HANDSET 2\*

---

DATE OF PURCHASE.

---

TO REGISTER YOUR PRODUCT WARRANTY VISIT [WWW.MXSELECT.COM](http://WWW.MXSELECT.COM)

**\*NOTE:** EACH HANDSET HAS A UNIQUE SERIAL ID, THERE ARE TWO HANDSETS IN THE MX55 SYSTEM.

If you require product support please contact your local MX Select Distributor in the first instance.

## UNPACKING YOUR MX55

### PACKING LIST

#### BOX 1

- 2 x Dumbbell Handsets
- 18 x Weight Plates
- 2 x Dumbbell Handset Cradles

#### BOX 2

#### BOX 3

- 1 x Owner's Manual
- 1 x Dumbbell Stand Base
- 1 x Stand Upright, Right
- 1 x Stand Upright, Left
- 1 x Stand Foot, Right
- 1 x Stand Foot, Left
- 1 x Hardware Pack, including:
  - 4 x [#55024] Countersunk Bolt M5x12
  - 1 x Allen Key M3
  - 1 x Allen Key M4
  - 4 x [#55037] Bolt M6x18
  - 4 x [#55036] Washer M12x6

# SYSTEM ASSEMBLY

## STEP 1

### REMOVE COMPONENTS FROM PACKAGING

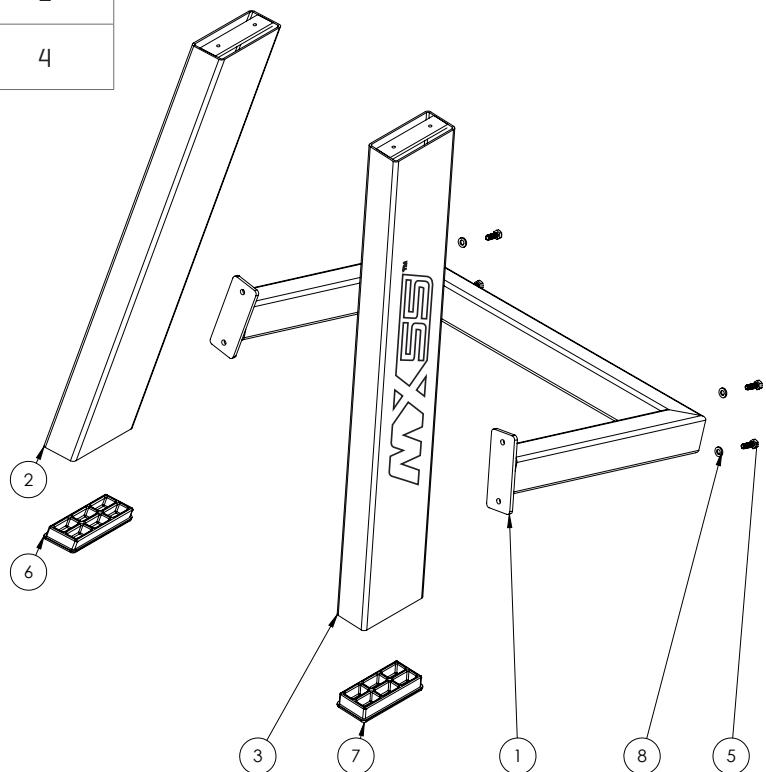
1. Carefully lift the dumbbell handsets and place on a flat stable surface. CAUTION: Handsets arrive fully assembled in the box at full weight.
2. Remove handset cradles and set them to the side.
3. Remove all parts in the stand box [Box 3].

ITEM NO.	DESCRIPTION	QTY
1	STAND BASE	1
2	STAND LEG (LEFT)	1
3	STAND LEG (RIGHT)	1
5	BOLT, M6 X 18	4
6	STAND FOOT (LEFT)	1
7	STAND FOOT (RIGHT)	1
8	WASHER, M12 X 6	4

## STEP 2

### ASSEMBLE THE STAND

1. Lay the stand legs on the floor and place the stand base in position on top of them. This makes it much easier to get the bolts in. NOTE: Ensure the MX55 logo decal is facing outwards.
2. Attach the uprights to the stand base using [4] M6 x 18 bolts and [4] M12x6 washers – DO NOT fully tighten at this time.
3. Place stand assembly on floor checking to make sure the TOP of the uprights are level and the stand assembly sits evenly on the floor and does not wobble. Tighten bolts.



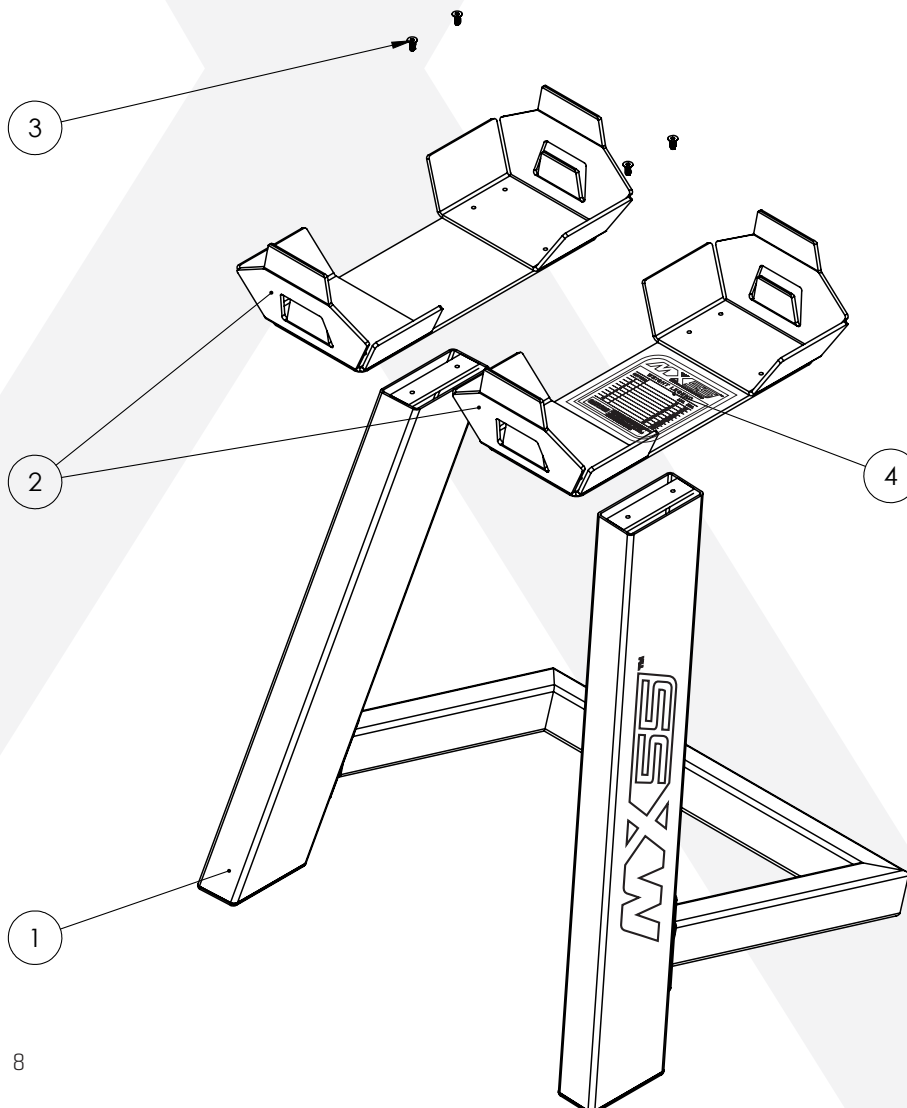
# SYSTEM ASSEMBLY

## STEP 3

### FASTEN THE CRADLES TO THE STAND

1. Set cradle on top of stand upright and fasten with (4) M5 x 12 Countersunk Bolts on each side.
2. Position cradles so they are parallel. Tighten bolts securely.
3. Position weight increment decal in the centre of cradle.

ITEM NO.	DESCRIPTION	QTY
1	DUMBBELL STAND ASSEMBLY	1
2	DUMBBELL CRADLE	2
3	COUNTERSUNK BOLT M5X12	4
4	WEIGHT INCREMENT DECAL	2





# SYSTEM ASSEMBLY

## STEP 4

### LOAD YOUR SYSTEM

1. Position your stand in its desired location.
2. Place the fully loaded dumbbells into each stand cradle. The release button should be oriented to the outside.

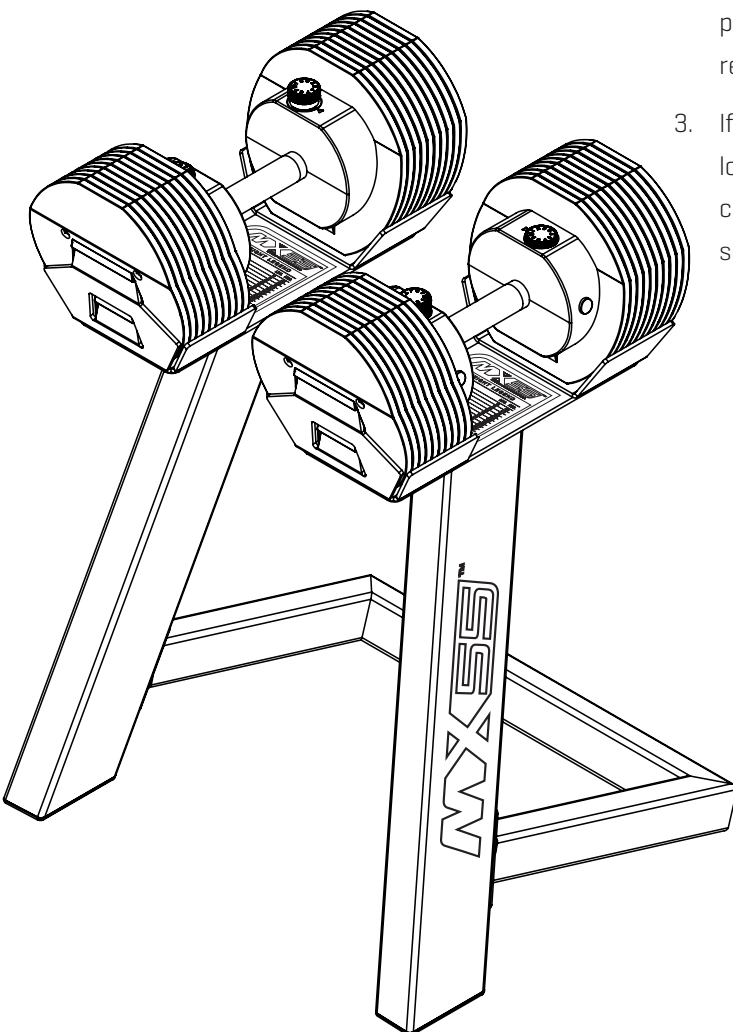
## STEP 5

### TEST WEIGHT PLATE SELECTION MECHANISM

1. Adjust the weight selector dials to your desired weight. Be sure to lock the setting each time by fully depressing the weight selector dial until it locks into its recessed position. Press the release button located to the side of the handset, to allow the weight selector dial to pop up for further weight selection.

**ALWAYS DEPRESS THE WEIGHT SELECTOR DIAL TO LOCK THE WEIGHT SELECTION PRIOR TO LIFTING/MOVING.**

2. Slightly raise the handset after each of your weight selections to ensure the intended number of weight plates lifts with the handset. The handset and selected plates should lift smoothly with all unselected plates remaining in the cradle.
3. If unselected plates are lifting with the handset, loosen the [4] bolts located on the underside of the cradle at one end. Repeat steps 1 and 2 above until selection is operating correctly. Re-tighten screws.



# OPERATING INSTRUCTIONS

## START LIFTING

Your MX55 dumbbells are shipped fully assembled with one handset per box. Prior to undertaking any lifting program, ensure you have followed the set up instructions on page 7 and familiarised yourself with correct handset operation as detailed below:

1. Each handset has a weight range of 10lbs-55lbs, in 2.5lbs increments [see table below]. Our patented rack and pinion design includes a double locking safety mechanism to ensure that weight plates cannot disengage from the handset. Each weight plate is secured by a dual plate interlock feature and by locking the selector shaft in place.
5. Carefully lift the dumbbell(s) out of the cradle, ensuring that the handset is lifted in a vertical position. The dumbbell(s) can be placed on the floor or other flat surface during use.
6. Always return the dumbbells to the cradles to select a different weight, or for storage when not in use.

**WARNING: ALWAYS ENSURE YOUR DUMBBELLS ARE RESTING IN THEIR CRADLES PRIOR TO CHANGING WEIGHTS.**

2. To change the handset weight, press the release button on the hand grip to pop up the weight selector dial, then turn the dial to the desired weight increment.
3. There are two selector dials on each handset. It is recommended that handset weights are balanced at each end, however it is possible to set each weight selector dial at different increments to suit the style of exercise you're performing. This will unbalance the dumbbell.
4. Once you have set your weight, press the weight selector dial so that it locks into the fully depressed position and sits almost flush with the handset.

**WARNING: NEVER USE THE HANDSET WITHOUT BOTH WEIGHT SELECTOR DIALS LOCKED IN THE DEPRESSED POSITION.**

## WEIGHT INCREMENTS TABLE

There are 10 weight increments on each handset

SETTING	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

# MAINTENANCE & TROUBLESHOOTING GUIDE

For full product support, manuals and warranty requests visit: [www.MXSelect.com/support](http://www.MXSelect.com/support)

PROBLEM	SOLUTION
When the handset is lifted out of its cradle an extra weight plate lifts out and becomes dislodged from the remaining weight plate stack.	<p><b>TIP: Be sure to lift the dumbbell vertically when removing it from the cradle. If the dumbbell is pulled out at an angle, it may drag against un-selected weight plates.</b></p> <p>The cradle end plate is too tight. Loosen the four bolts beneath the cradle at one end. The four holes are slotted for the purpose of adjusting the cradle length. With the cradle end loose, place the fully loaded dumbbell in and out of the cradle several times. It will self-adjust to the proper setting. To test, select 35 lbs and lift the dumbbell out quickly and see if the rest of the plates remain in place without "sticking".</p> <p>Check the surfaces between weight plates to make sure they are clean and free of debris*.</p> <p>The weight plates should slide together easily with little resistance. Also check the tabs on the weight plates to ensure they are not bent or broken from accidental misuse. If so, replace any damaged weight plates.</p>
The weight selector dial feels too tight and does not turn smoothly.	<p>Check to ensure you have released the weight selector dial fully by pressing the release button. If not fully released the locking mechanism could be hindering the dial from turning.</p> <p>Adjust cradle end plate as described above.</p> <p>Check to see if stand is on a firm, level surface.</p> <p>Shuffle the weight plates around.</p>
The stand seems to be loose	<p>Tighten the bolts. If bolts have cross threaded or stripped, please contact your dealer for replacements.</p>

To ensure maximum lifespan and optimal performance follow these steps:

1. Keep your dumbbells in a dry, clean climate controlled environment at room temperature.
2. Periodically clean your dumbbell plates and handset with disinfectant, applied using a lint free cloth.
3. Keep dust off the system.
4. ARMOR ALL protectant will give your system a beautiful clean and shine.
5. Periodically examine your product for damage, if repairs are required refer to the MX Select website for information on how to service your handset and purchase spare parts. Only manufacturer supplied components can be used to maintain and repair the equipment under warranty.
6. Periodically shuffle the weight plates.
7. Store and operate your MX55 system on level ground.
8. Periodically check that the bolts on the system are tight.



## *Revolutionising Strength Training*

COPYRIGHT MX SELECTABLE WEIGHT SYSTEMS  
U.S. PATENT NO. 9643042

[www.MXSelect.com](http://www.MXSelect.com)



MXSelect



MX\_Select



MX-Select