

# MX SELECT

## RAPID CHANGE WEIGHT SYSTEMS

# MX55™ DUMBBELL SYSTEM

Includes a Pair of Dumbbells, Weight Plates & Cradles

## KNURLED HANDLE & SELECTOR DIALS

The MX55 KNURLED HANDLE 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 premium Knurled Handle provides a traditional look with perfect depth and cross-hatch to deliver a trusted, solid feel. It is paired with Knurled Steel Selector Dials and matching Decals to complete the look, feel and long-term performance package.

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.

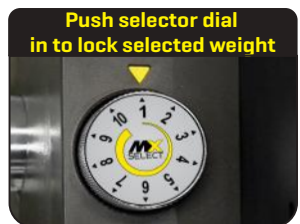
There is also an optional MX Select Adjustable Training Bench to further enhance your training space.



Push weight selector release button



Turn weight selector to desired weight

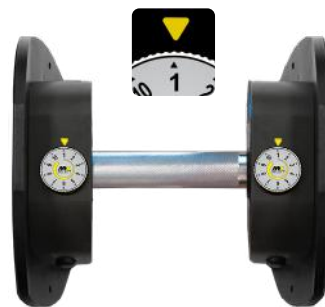


Push selector dial in to lock selected weight



Lift Dumbbells from cradle and start training

MX55 - MIN Weight 10 lb / 4.5 kg



Weight Legend

MX55 WEIGHT LEGEND			
NO.	LBS.	NO.	KGS.
1	10	1	4.5
2	15	2	6.8
3	20	3	9.1
4	25	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

**CAUTION**  
DO NOT DROP!  
DAMAGE MAY RESULT TO HANDSET COMPONENTS AND WILL VOID WARRANTY.

SELECTOR DIAL  
MUST BE PUSHED IN TO LOCK WEIGHTS IN PLACE.  
SEE INSTRUCTIONS FOR MORE DETAILS.

www.MXselect.com

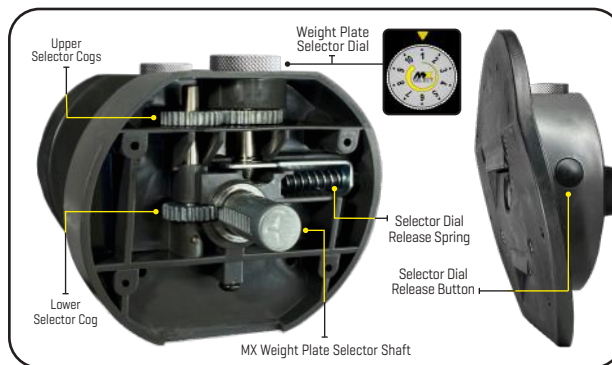
MX55 - MAX Weight 55 lb / 24.9 kg



### KNURLED HANDLE & SELECTOR DIALS

### 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 - PAIR OF DUMBBELL	+ 16.02" L x 16.29" W x 8.14" H	+ 40.7 cm L x 41.4 cm W x 20.7 cm H
TOTAL WEIGHT - PAIR OF DUMBBELL & CRADLE	+ 118 lbs	+ 53.5 kg



### MATERIALS

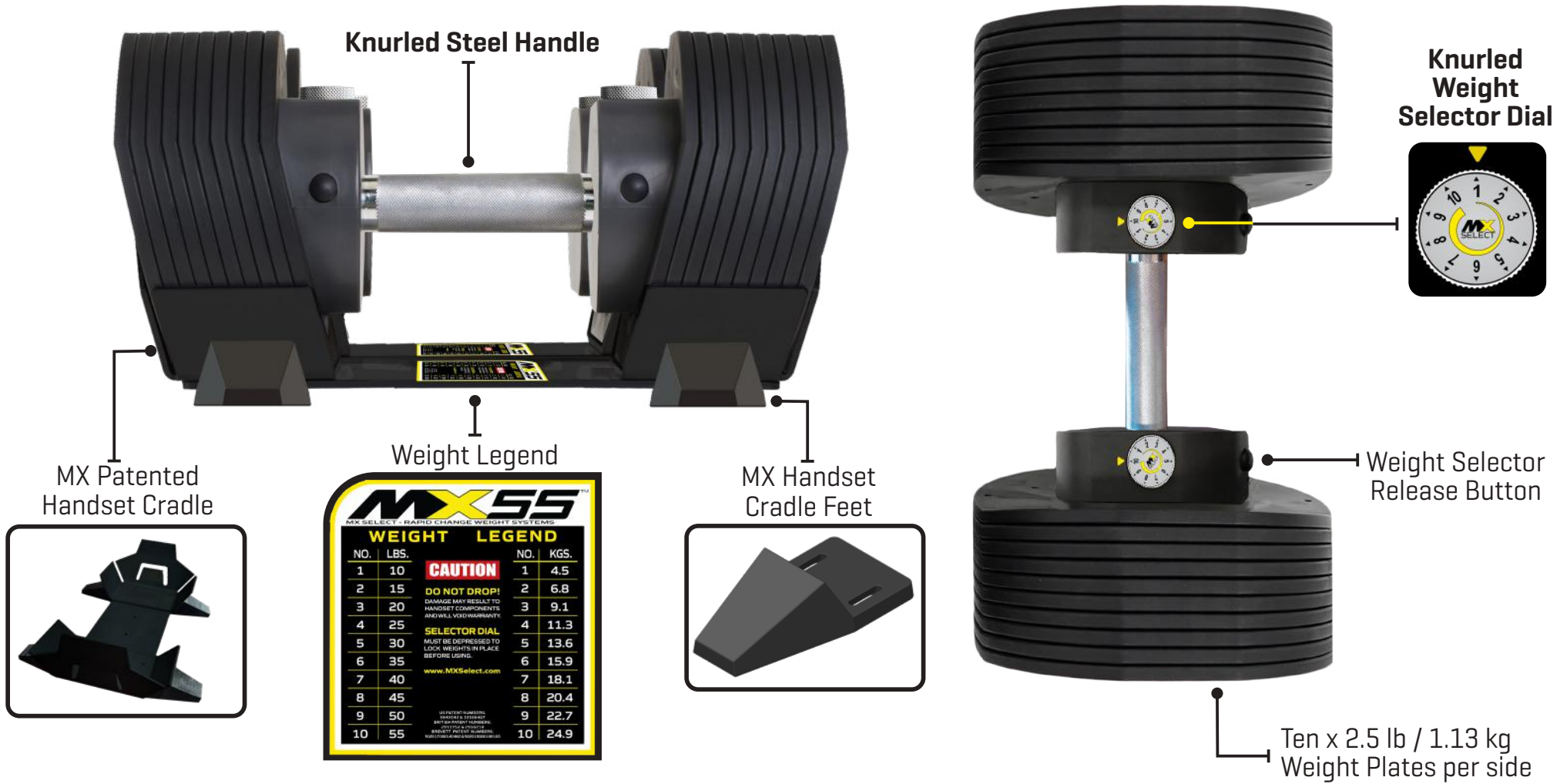
DUMBBELL BODY	+ Steel
DUMBBELL GRIP	+ Knurled Steel
WEIGHT PLATES	+ Steel Coated in Polyanide Nylon
HANDSET MECHANISM	+ Steel and ABS
WEIGHT RACK & CRADLE	+ Powder Coated Steel



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	495	300	290	57.0	62.5	0.045	19.5	11.8	11.6	125	137	1.59
	BOX 2												



**KNURLED HANDLE & SELECTOR DIAL**



**Weight Legend**

MX55™ WEIGHT LEGEND				
NO.	LBS.	CAUTION	NO.	KGS.
1	10	<b>DO NOT DROP!</b> DAMAGE MAY RESULT TO HANDSET COMPONENTS AND WILL VOID WARRANTY	1	4.5
2	15		2	6.8
3	20		3	9.1
4	25	<b>SELECTOR DIAL</b> MUST BE DEPRESSED TO LOCK WEIGHTS IN PLACE BEFORE LIFTING. <a href="http://www.MXSelect.com">www.MXSelect.com</a>	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

USE PATENT NUMERICAL  
HANDSET & STORAGE  
BOTTLE BY PATENT FORMER  
MIGHT BE USED FOR  
MULTIPLE PURPOSES & SHOULD BE KEPT  
SEPARATE FROM OTHER WEIGHTS

