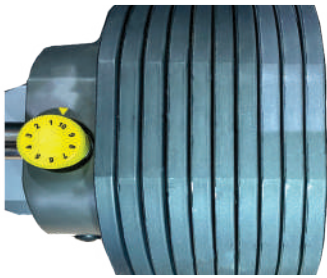


## MX55 - ADJUSTMENT GUIDE FOR SMOOTH AND ACCURATE WEIGHT PLATE SELECTION

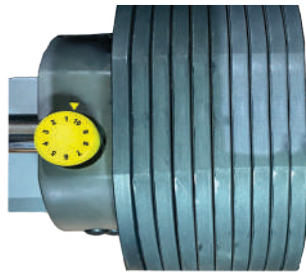
### STEPS TO RESOLVE THE FOLLOWING

- + Selector dial will not push down and lock into place
- + Selector dial feels tight or will not turn
- + Extra weight plate sticks when the hand set is removed from cradle
- + Weight plates are too widely spaced or too closely spaced



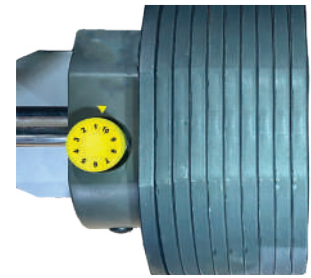
#### CRADLE SPACING TOO WIDE

Weight plates move freely when in cradle



#### CORRECT SPACING

Weight plates have a thin gap but don't move freely



#### CRADLE SPACING TOO CLOSE

Can't remove weights and selector dial won't turn

### STEP ONE

With the handset still in cradle, locate adjustments bolts in the slots underneath.



Adjustment bolts in slotted holes

#### ADJUSTMENT SLOTS



### STEP TWO

Using an M4 Allen Key loosen the 4 Adjustment Bolts at one end of the dumbbell cradle just enough to allow you to move the cradle as required.



M4 ALLEN KEY



#### IF CRADLE SPACING TOO WIDE

Push the floating cradle end inwards, closing the gap between the plates. Tighten bolts and test on several dial setting. If not correct, repeat adjustment steps.

#### IF CRADLE SPACING TOO TIGHT

Move apart floating cradle end outwards, opening a slight gap between the plates. Tighten bolts and test on several dial setting. If not correct, repeat adjustment steps.