

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.	CAUTION	NO.	KGS.
1	10	DO NOT DROP! DUMBBELLS ARE HEAVY TO HANDLE. USE PROPER LIFTING TECHNIQUE. SELECTOR DIAL MUST BE DEPRESSURED TO LOCK WEIGHT IN PLACE. www.mxselect.com	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

MX55 - MAX Weight 55 lb / 24.9 kg



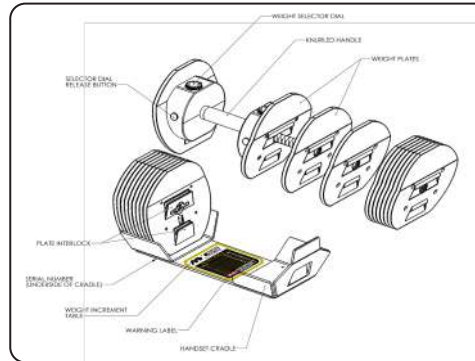
* Antimicrobial properties built-in to the contoured dumbbell grip offer surface protection against bacteria, mould & mildew and other hazardous microbes.

SPECIFICATIONS & DIMENSIONS

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	+ Antimicrobial Contoured Grips
WEIGHT PLATES	+ Steel Coated in Polyanide Nylon
HANDSET MECHANISM	+ Steel and ABS
WEIGHT RACK & CRADLE	+ 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	49.8	53.5	0.045	19.7	11.8	11.8	110	118	1.59
BOX 2												





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