

# MXSELECT

## MX80™

### OWNER'S MANUAL



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



MXSelect



MX\_Select



MX-Select



## WELCOME TO THE MX SELECT FAMILY

Congratulations on your purchase of the MX80 adjustable barbell and EZ curl rack system.

From deadlifts, presses, cleans and jerks the MX80 variable weight system combines a range of fixed bar options in one compact, heavy duty weight lifting package. Replacing 26 fixed weight bars or 1140 lbs (517 kg), this industry-first adjustable barbell and EZ curl rack is designed for compact spaces and allows for seamless weight transition between reps.

At the turn of a selector dial, you can rapidly increase or decrease your weight to match your strength training goals. This exceptionally sculpted and robust performer, will help you gain lean body mass, lose fat and improve your general fitness level in the comfort of your own home gym.

Visit our website for workout tips and news.

### WARNING

**HEAVY 17 - 35KG**

*Consider two person lift  
or mechanical aid*



**FRAGILE  
DO NOT DROP**

DO NOT DROP THE BARBELL. DROPPING THE BARBELL OR EZ CURL BAR COULD RESULT IN CATASTROPHIC DAMAGE AND WILL VOID YOUR WARRANTY. IF YOU REQUIRE PRODUCT SUPPORT, REFER TO OUR WEBSITE [WWW.MXSELECT.COM/SUPPORT](http://WWW.MXSELECT.COM/SUPPORT). NEVER MOVE THE BARBELL STAND WITHOUT FIRST REMOVING ALL WEIGHT COMPONENTS (WEIGHT PLATES, BARBELL AND EZ CURL BAR). USE THESE WEIGHTS AND COMPONENTS FOR THEIR INTENDED USE ONLY AS DESCRIBED IN THIS MANUAL.

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# IMPORTANT SAFETY INSTRUCTIONS

All users should read the operating instructions contained within this manual and understand how to handle the MX80 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 the MX80 rack system and should never be left alone to lift weights.
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 barbell or EZ curl bar if they are not functioning properly.
10. Be advised that the MX80 weights system is heavy and can cause severe injury if dropped.
11. Do not lean on the MX80 barbell or EZ curl bar to support your body weight, such as using it as a base to perform a push up. Damage to the product and possible personal injury could occur.
12. Do not tilt or prop up stand or place anything beneath the weights rack to change the angle in use.
13. Never attempt to move the selector dial while the fixed bar 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. Lift the barbell and EZ curl bar by the handle grip only.
14. Do not intentionally drop or throw down the barbell or EZ curlbar as personal injury or catastrophic damage may occur.
15. Allow adequate space for your workout and remove any collision risks.

KEEP THESE INSTRUCTIONS

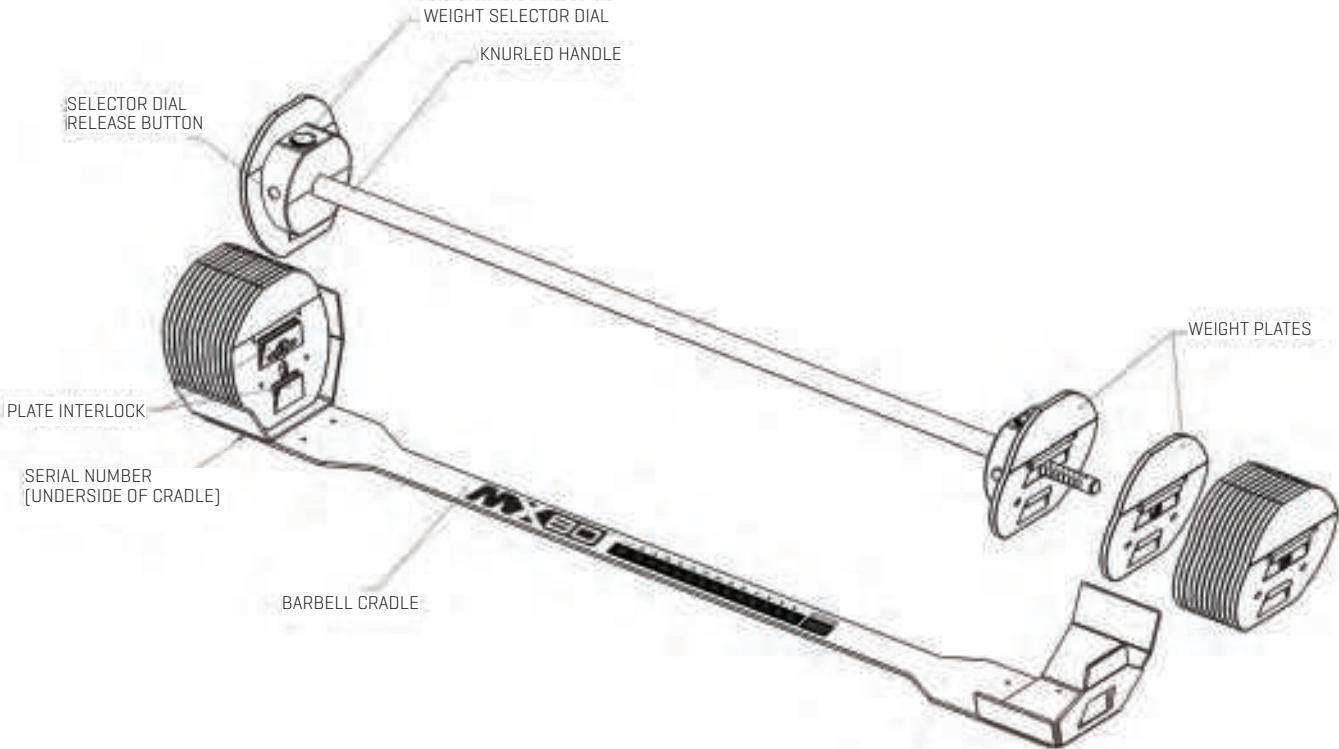
# PRODUCT SPECIFICATIONS

**System Footprint in Stand:** 56.3" L X 18.5" W X 30.9"H [143 cm L X 47 cm W X 78.5 cm H]

**Assembled Unit Weight with Stand:** 135.3 lbs [61.5 kg]

**Shipping Package Weight with Stand:** 146.3 lbs [66.5kg]

## 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.** [Located underside of cradle]. \_\_\_\_\_

**DATE OF PURCHASE.** \_\_\_\_\_

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

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

## UNPACKING YOUR MX80

### BOX 1

- 24 x Weight Plates
- 2 x Weight Cradles
- 1 x Owner's Manual

### BOX 2

- 1 x Barbell Handset
- 1 x EZ Curl Handset
- 1 x Stand Leg [Left]
- 1 x Stand Leg [Right]
- 1 x Stand Base
- 1 x Cradle Base
- 1 x Rubber Foot [Left]
- 1 x Rubber Foot [Right]
- 1 x Hardware Pack, including:
  - 12 x [#55029] Bolt M5x10
  - 12 x [#80021] Washers M5x10
  - 8 x [#80024] Bolt M6x25
  - 8 x [#80025] Washers M6x25
  - 1 x [#80031] Allen Key S4

# SYSTEM ASSEMBLY

## STEP 1

### REMOVE COMPONENTS FROM PACKAGING

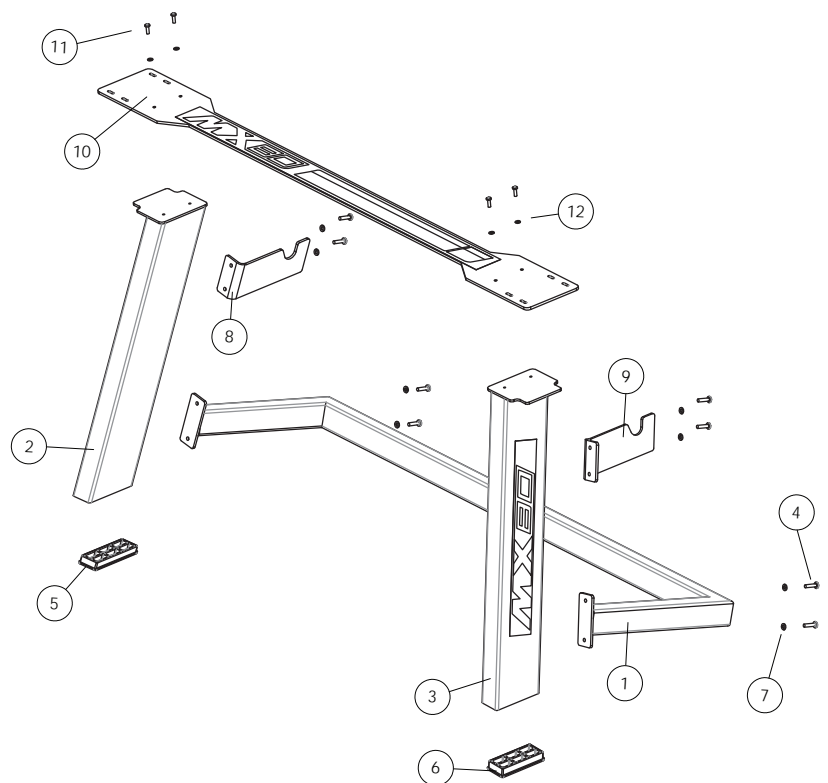
1. Carefully lift the weight plates from Box 1 and remove from cradles.
2. Remove the fixed bars from Box 2 and set to the side.
3. Remove all remaining parts from Box 2.

## STEP 2

### ASSEMBLE THE RACK

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 MX80 logo decal is facing outwards.
2. Attach the uprights to the stand base using [4] M6 x 25 bolts and [4] M6 x 25 washers – DO NOT fully tighten at this time.
3. Attach [8] bar bracket left and [9] bar bracket right to stand legs using [4] M6 x 25 bolts and [7] M6 x 25 washers.
4. Assemble baseplate to top of uprights using [4] M5 x 10 bolts and [4] M5 x 10 washers.
5. Place stand assembly on floor checking to make sure the TOP of the uprights / baseplate are level and the stand assembly sits evenly on the floor and does not wobble. Tighten bolts.

ITEM NO.	DESCRIPTION	QTY
1	STAND BASE	1
2	STAND LEG (LEFT)	1
3	STAND LEG (RIGHT)	1
4	BOLT, M6 X 25	8
5	STAND FOOT (LEFT)	1
6	STAND FOOT (RIGHT)	1
7	WASHER, M6 X 25	8
8	BAR BRACKET (LEFT)	1
9	BAR BRACKET (RIGHT)	1
10	BASEPLATE	1
11	BOLT, M5 X 10	4
12	WASHER, M5 X 10	4



# SYSTEM ASSEMBLY

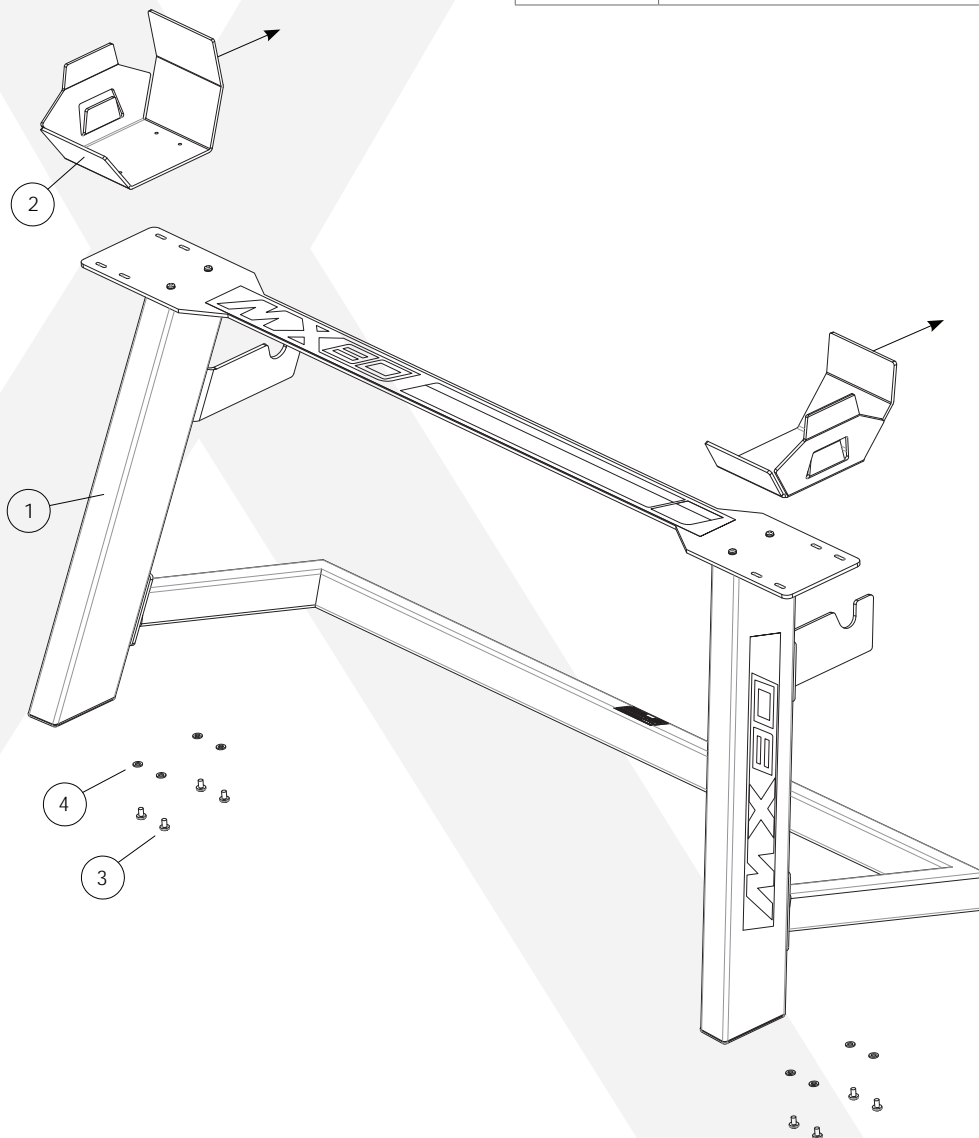
## STEP 3

### FASTEN THE CRADLES TO THE RACK

1. Assemble [2] cradles to baseplate with [4] M5 x 10 bolts and [4] M5 x 10 washers on each cradle, DO NOT fully tighten at this time.

NOTE: Ensure high side of each cradle is facing the back of the stand.

ITEM NO.	DESCRIPTION	QTY
1	BARBELL STAND ASSEMBLY	1
2	CRADLE	2
3	BOLT, M5 X 10	4
4	WASHER, M5 X 10	4





# SYSTEM ASSEMBLY

## STEP 4

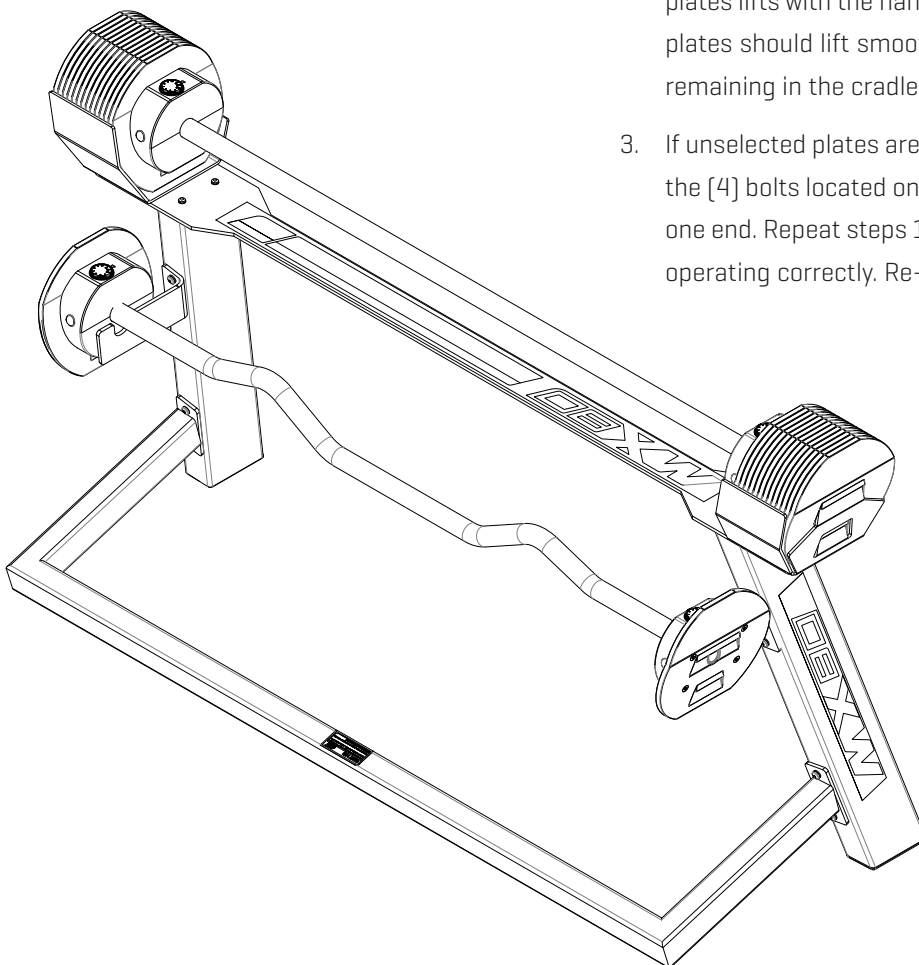
### LOAD YOUR SYSTEM

1. Position your stand in its desired location.
2. Place [12] weight plates in each cradle.
3. Carefully place barbell handle into rack to load. Be careful to ensure each end is aligned with weight stack. NOTE: The release button should be oriented to the user.
4. If necessary, slide one cradle with weight plates side to side to allow for a proper fit.
5. Tighten [4] M5 x 10 bolts on each cradle.
6. Place EZ curl bar on bottom bracket.

## 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 barbell, 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 barbell after each of your weight selections to ensure the intended number of weight plates lifts with the handset. The barbell and selected plates should lift smoothly with all unselected plates remaining in the cradle.
  3. If unselected plates are lifting with the barbell, 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

Prior to undertaking any lifting program, ensure you have followed the set up instructions on page 7 and are familiar with correct operation as detailed below:

1. Each handset has a weight range of 20-80lbs, in 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 barbell. Each weight plate is secured by a dual plate interlock feature and the selector shaft.
5. Carefully lift the barbell out of the cradle, being mindful that it is lifted in a vertical movement. The barbell can be placed on the floor or other flat surface during use.
6. Always return the barbell to the cradle to select a different weight, or for storage when not in use.

**WARNING: ALWAYS ENSURE YOUR FIXED BARS ARE RESTING IN THE CRADLE PRIOR TO CHANGING WEIGHTS.**

2. To change the weights, 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 either end of the barbell. It is recommended that 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 barbell.
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 barbell.

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

## WEIGHT INCREMENTS TABLE

There are 13 weight increments on the MX80 system.

SETTING	LBS	KGS
1	20	9.1
2	25	11.4
3	30	13.6
4	35	15.9
5	40	18.2
6	45	20.4
7	50	22.7
8	55	25
9	60	27.2
10	65	29.5
11	70	31.8
12	75	34.1
13	80	36.3

# 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 barbell 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 barbell vertically when removing it from the cradle. If the barbell 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 barbell in and out of the cradle several times. It will self-adjust to the proper setting. To test, select 50 lbs and lift the barbell 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 barbell rack 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 MX80 system in a dry, clean climate controlled environment at room temperature.
2. Periodically clean your weight plates and the barbell 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 system 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 MX80 system on level ground.
8. Periodically check that the bolts on the system are tight.



## *Revolutionising Strength Training*

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