

# MX DUMBBELL USER GUIDE

## ASSEMBLY & SYSTEM ADJUSTMENTS

### MX30™



MX SELECT - RAPID CHANGE WEIGHT SYSTEMS			
WEIGHT LEGEND		WEIGHT LEGEND	
NO.	LBS.	NO.	KGS.
1	7.5	1	3.4
2	10	2	4.5
3	12.5	3	5.7
4	15	4	6.8
5	17.5	5	7.9
6	20	6	9.1
7	22.5	7	10.2
8	25	8	11.3
9	27.5	9	12.5
10	30	10	13.9

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

**SELECTOR DIAL**  
MUST BE DEPRESSED TO LOCK WEIGHTS IN PLACE BEFORE USING.

www.MXSelect.com

US PATENT NUMBERS: 9643042 & 10166427  
BRITISH PATENT NUMBERS: 2911752 & 2956218  
BREVET PATENT NUMBERS: 502017000140462 & 502019000108103

### MX55™



MX SELECT - RAPID CHANGE WEIGHT SYSTEMS			
WEIGHT LEGEND		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 VOID WARRANTY.

**SELECTOR DIAL**  
MUST BE DEPRESSED TO LOCK WEIGHTS IN PLACE BEFORE USING.

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BRITISH PATENT NUMBERS: 2911752 & 2956218  
BREVET PATENT NUMBERS: 502017000140462 & 502019000108103

### MX85™



MX SELECT - RAPID CHANGE WEIGHT SYSTEMS			
WEIGHT LEGEND		WEIGHT LEGEND	
NO.	LBS.	NO.	KGS.
1	12.5	1	5.6
2	21	2	9.5
3	29	3	13.5
4	37	4	16.8
5	45	5	20.4
6	53	6	24.1
7	61	7	27.7
8	69	8	31.3
9	77	9	34.9
10	85	10	38.6

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

**SELECTOR DIAL**  
MUST BE DEPRESSED TO LOCK WEIGHTS IN PLACE BEFORE USING.

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## MX SELECT - USER SAFETY PRECAUTIONS

To avoid possible injury, all users should read and understand these instructions before using any MX Select product.

1. Consult a medical doctor or healthcare professional to be cleared by them for exercise and to determine the exercises appropriate for you, before undertaking exercise with MX Select Systems.
2. If you experience any pain or dizziness, stop exercise immediately and consult a medical doctor.
3. Perform any exercise with the correct technique - consult a personal trainer or healthcare professional for guidance if unsure of technique or your personal exercise parameters.
4. MX SELECT Systems are designed for home use only and are not suitable or warranted for commercial use.
5. Understand how to select the desired weight with the MX SELECT System, see page 2 following.
6. Never touch the weight selector release button or move the selector dial while the MX Select product is out of the cradle, doing so may release weight plates from the handset and cause catastrophic injury.
7. Never use MX Select Systems if they are not functioning properly.
8. Never drop, throw or strike together any MX Select System, this will void warranty and could cause permanent damage.
9. Take personal responsibility to ensure your safety and the safety of those around you while using and storing MX SELECT Systems.



### HOW TO SELECT DESIRED TRAINING WEIGHT

Only adjust the Weight Selector Dial while the Dumbbell is in the Weight Cradle

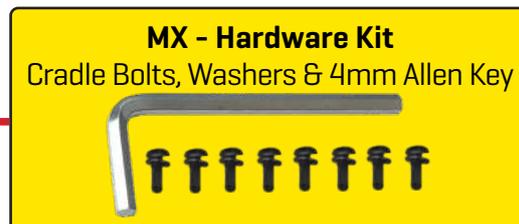


Adjust both ends of the Dumbbell to your desired training weight.

### ASSEMBLY INSTRUCTION - MX30, MX55 & MX85



**STEP ONE** Place the MX Dumbbell System box on a flat firm surface with the Up Arrow pointing up. Open the top of the box. The owners guide and hardware kit is visible on top of Styrofoam packaging. Remove the hardware kit from the plastic sleeve and put the Bolts aside.



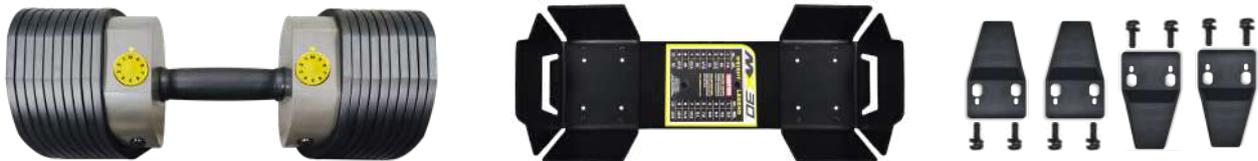
**STEP TWO** Remove the top Styrofoam protective cover and remove Cradle Feet packed under the MX Dumbbell Handset. Put the four Cradle Feet aside.



**STEP THREE** Check that the weight plate selector dial is set to 10, if not follow the “How to Select desired training weight” instructions above, and set the dial to 10. Remove the MX Dumbbell Handset from the Cradle, which will remain in the box. Place the MX Dumbbell Handset on a firm flat surface, being careful not to damage the surface or the MX Dumbbell. CAUTION: The full weight [heavy] of the MX Dumbbell is activated by Selecting 10 on the weight plate selector dial.



**STEP FOUR** Remove the Cradle from the box and place on a flat surface.



Do NOT add the Cradle Feet if intending to install the MX SELECT Dumbbells on the Optional MX Dumbbell Stand. Stop at Step 4 and then refer to the assembly instructions supplied with the MX Dumbbell Stand.

**STEP FIVE** Turn the Cradle over as pictured below, on a soft surface that will not damage Cradle finish. Ensure the Cradle is stable.



**STEP SIX** Line up the holes in the first of the Cradle Feet with the holes in the Cradle. Put the Cradle Bolts and washers in loosely. Push the Cradle Feet inwards firmly against the Cradle [direction of the arrow] and tighten the Bolts. Repeat for each of the four Cradle Feet for each Cradle.

**CHECK THAT ALL SCREWS ARE TIGHT.**



**STEP SEVEN** Turn the Cradle over onto the Cradle Feet. Place Cradles where you intend to use them before placing MX Dumbbell Handset into the Cradles.

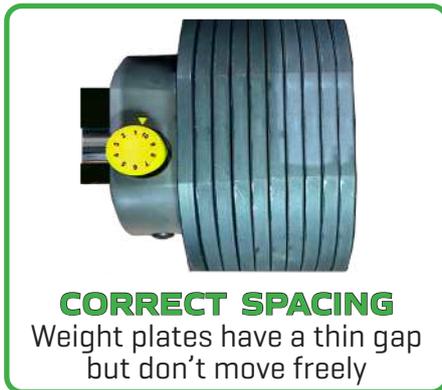


### MX DUMBBELL ADJUSTMENT GUIDE

#### FOR SMOOTH & 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 easily.
- + Extra weight plate sticks when the MX Dumbbell Handset is removed from Cradle.
- + Weight plates are too widely spaced or too closely spaced.



**STEP ONE** Remove MX Dumbbell Handset and turn the Cradle over. Using an M4 Allen Key remove the Cradle Feet Bolts and Cradle Feet to gain access to the Cradle adjustments Bolts.



**STEP TWO** Using a M4 Allen Key loosen the Cradle Adjustment Bolts at one end of the Cradle just enough to allow you to move the Cradle inwards or outwards as required.



##### IF CRADLE SPACING TOO WIDE

Push the floating Cradle end slightly inwards. Tighten Bolts and replace MX Dumbbell Handset and check that the gap between the plates is the correct spacing and test on all dial settings. If not correct, repeat adjustment steps.

##### IF CRADLE SPACING TOO CLOSE

Move slightly apart the floating Cradle end outwards, opening a slight gap between the plates. Tighten bolts and replace MX Dumbbell Handset check that the gap between the plates is the correct spacing and test on all dial settings. If not correct, repeat adjustment steps.