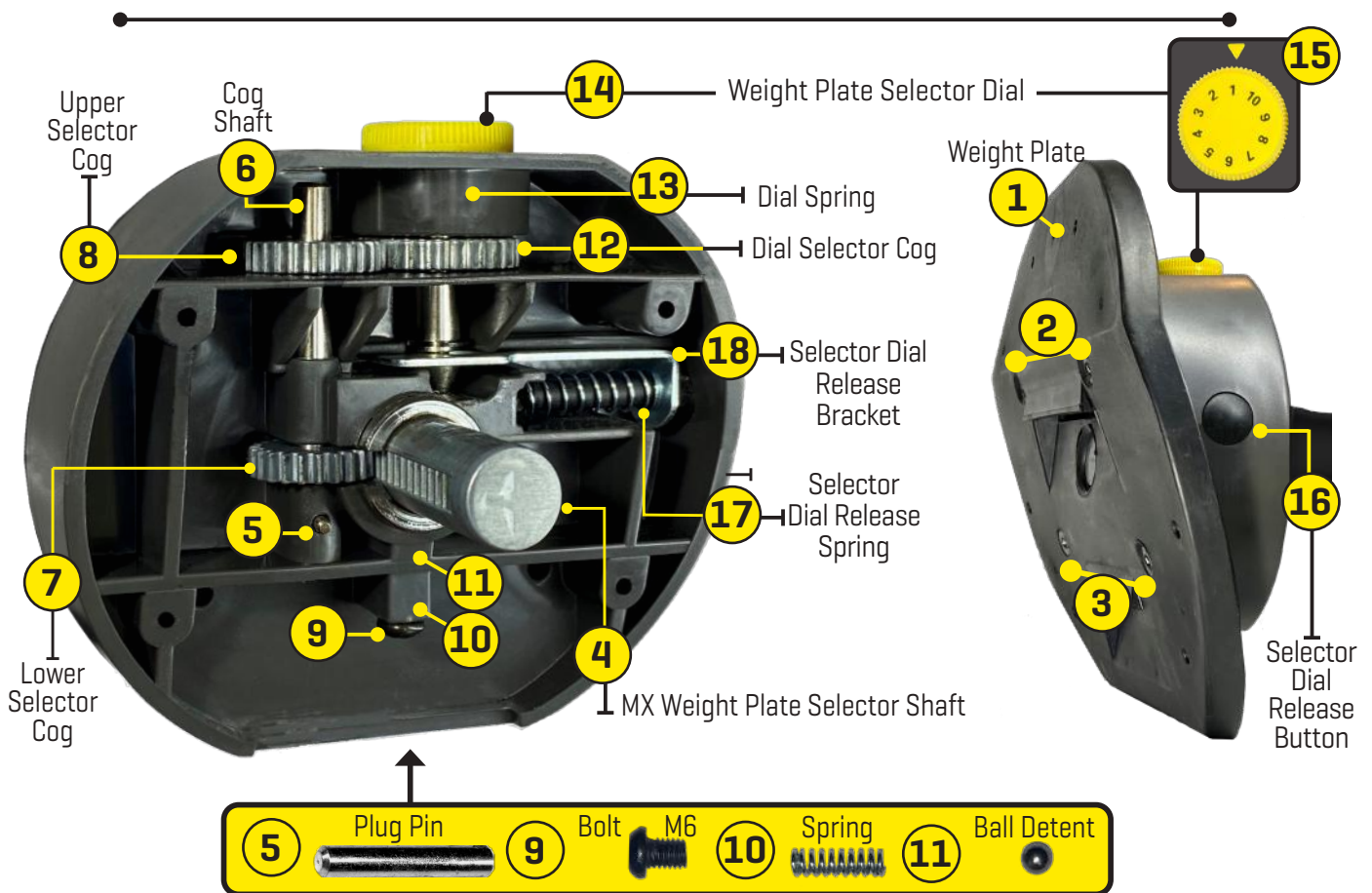


SELECTOR SHAFT REPLACEMENT



MX Select Dumbbell Handsets have been designed so that any replacement parts can be fitted by you at home.



MX SELECT HANDSET

NO	PART DESCRIPTION	NO	PART DESCRIPTION
1	Weight Plate	10	Spring for Ball Detent
2	Screw M8 x 37 mm	11	Ball Detent
3	Screw M8 x 24 mm	12	Weight Selector Cog
4	Selector Shaft	13	Weight Selector Spring
5	Plug Pin for Selector Shaft	14	Weight Selector Dial
6	Cog Shaft	15	Dial Decal
7	Upper Cog	16	Selector Dial Release Button
8	Lower Cog	17	Selector Spring
9	Bolt M6 x 6 mm	18	Release Bracket

UPDATED 250322

SELECTOR SHAFT REPLACEMENT

STEP ONE

To remove the Handset from the Cradle, push the Selector Dial Release Button to raise the Weight Selector Dial. Rotate the dial to Position 1 and press down so it clicks in place. Now remove the handset from the cradle and begin.

Note: The replacement Selector Shaft can be used for either end of the Handset

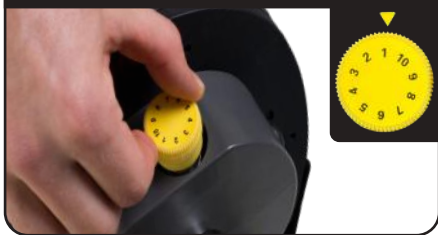
Push Weight Selector Dial Release Button on both ends on the Handset



Weight Selector Dial is raised to change to the desired training weight



Turn the Weight Selector Dial to position 1 on both ends of the Handset



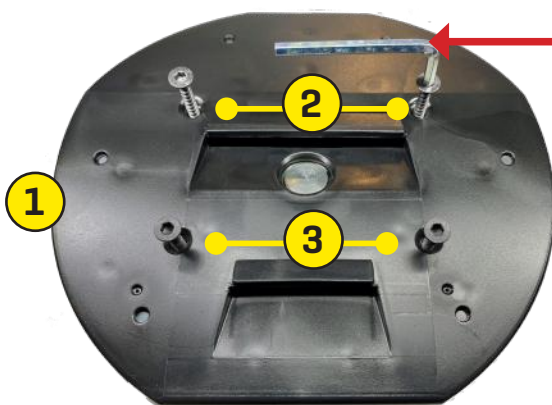
Lift the Handset and remove from the Cradle and begin



STEP TWO

Place the Handset on a firm surface. Remove the Weight Plate ① secured by 4 Screws using a 4mm Allen Key. The top two are M8 x 37mm screws ② and the bottom two are M8 x 24 mm screws ③

Note: One end of the Handset will match the images shown in the following instructions, the other end will be a mirror image, but all steps for the shaft replacement are the same



Tool Required
4mm Allen Key



②

M8 x 37 mm



③

M8 x 24 mm



SELECTOR SHAFT REPLACEMENT

STEP FIVE

Using a 4 mm Allen Key loosen the M6 x 6mm Screw (9) nearly all the way.

Note: Try not to fully remove the M6 screw as it holds the Ball Detent Spring (10) and Ball Detent (11) in place. If you remove the M6 screw fully, just place it back in and screw one full turn.

Ball Detent



Ball Detent Spring



M6 x 6mm Screw



Tool Required
4mm Allen Key

STEP SIX

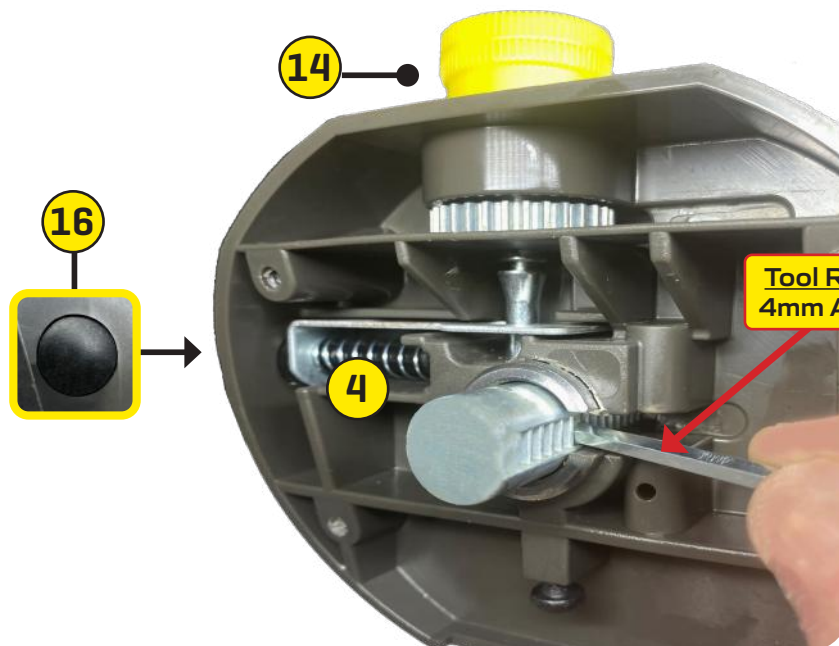
Push the Selector Dial Release Button (16) to raise the Weight Selector Dial (14)

Using the end of the 4 mm Allen Key slide out the Selector Shaft (4)

Push weight selector dial release button



Raised weight selector release dial

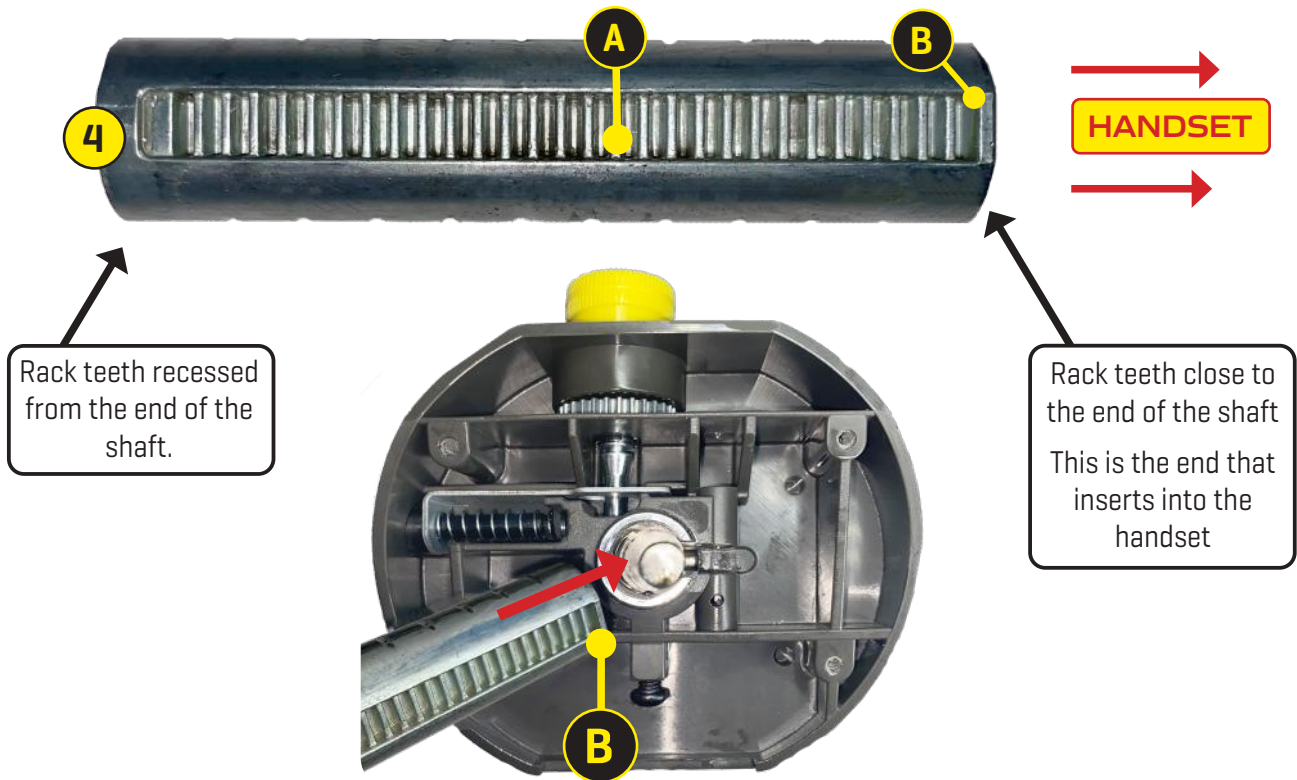


Tool Required
4mm Allen Key

SELECTOR SHAFT REPLACEMENT

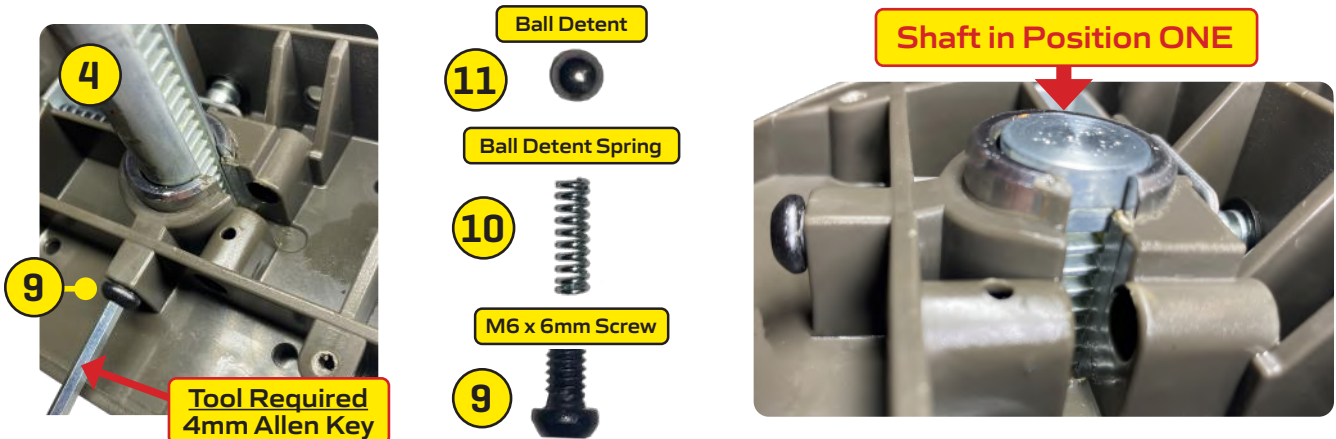
STEP SEVEN

Apply a smear of lubricant [light grease or oil only] to the new Selector Shaft **4** prior to inserting into the Handset. For shaft alignment check that the shaft rack teeth **A** face the position of the lower cog and **B** that you insert the shaft with the rack teeth closest to the end of the shaft as per diagram below.



STEP EIGHT

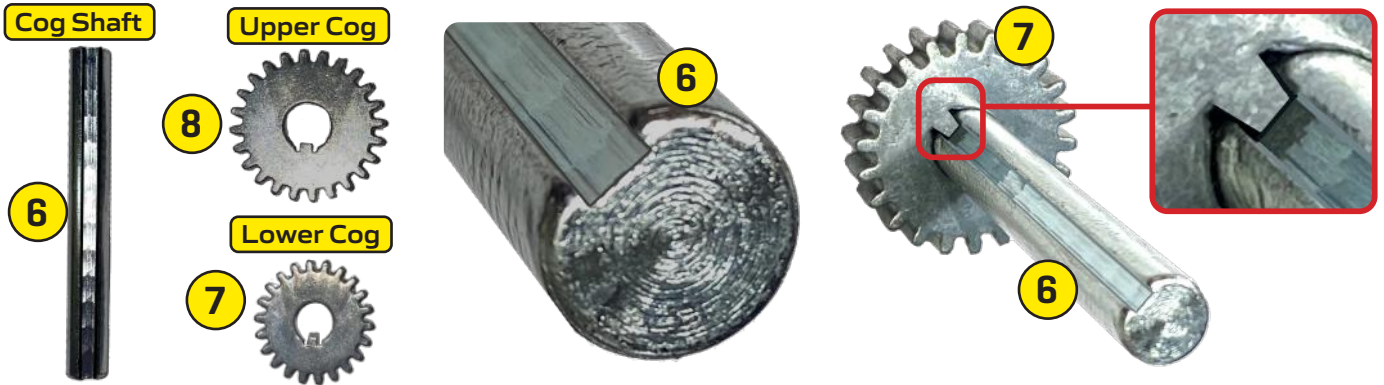
Insert the Selector Shaft **4** half way into the Handset. Using a 4mm Allen Key, slightly tighten [clockwise] the M6 x 6mm Screw **9** putting pressure on the Ball Spring **10** so the Ball Detent **11** 'clicks' when turning the Weight Selector Dial to adjust Weight Plate numbers. Then lightly push the Selector shaft down to Position One when the shaft is just above the housing.



SELECTOR SHAFT REPLACEMENT

STEP NINE

Before inserting the Cog Shaft **6** in the handset housing that was removed in Step Three, note the cut out channel along the Cog Shaft **6** aligns with the protrusion in the Upper Cog **8** and Lower Cog **7**



STEP TEN

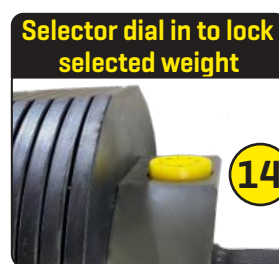
Insert the Cog Shaft **6** in the handset housing into the Lower Cog **7** lining up the channel in the shaft and the protrusion in the Lower Cog.

Tip: It is easier to line up the lower and upper cogs on the cog shaft with the channel in the shaft facing outwards and clearly visible.



STEP ELEVEN

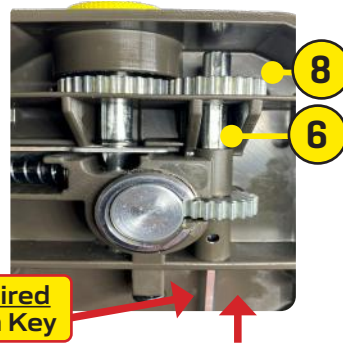
Push the Selector Dial Release Button **16** to raise the Weight Selector Dial **14**. Rotate the dial to Position One **15** and press down so it clicks in place.



SELECTOR SHAFT REPLACEMENT

STEP TWELVE

With the Selector Dial in Position One, insert the Upper Cog (8) and using the 4mm Allen Key push up the Cog Shaft (6) through the Upper Cog lining up the channel in the cog shaft with protrusion the Upper Cog.



Tool Required
4mm Allen Key

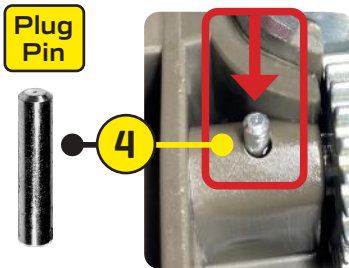
Upper Cog



Note:
Upper Cog
is the
larger cog

STEP THIRTEEN

Insert the Plug Pin (4) that that was removed in step two and push it in until it stops. Rotate the weight selector dial checking that it moves freely from Position One to Ten. Using a 4 mm Allen Key tighten the M6 x 6mm Screw (9) to achieve the right intensity of pressure on the Ball Detent and the feel of the "clicks" between Weight Plate Selection



Tool Required
4mm Allen Key



FINISH

Using a 4mm Alley Key reattach the Weight Plate (1) with the four screws. The longer two M8 x 37mm (2) screws are for the top and the shorter two M8 x 24 mm (3) screws are for the bottom

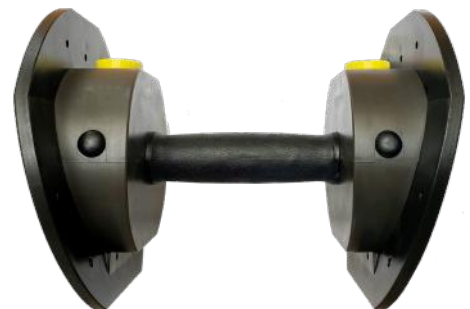


Tool Required
4mm Allen Key

M8 x 37 mm



M8 x 24 mm

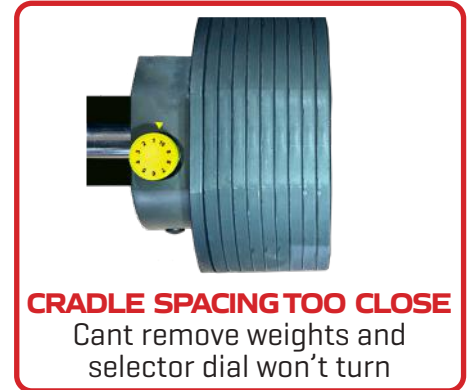
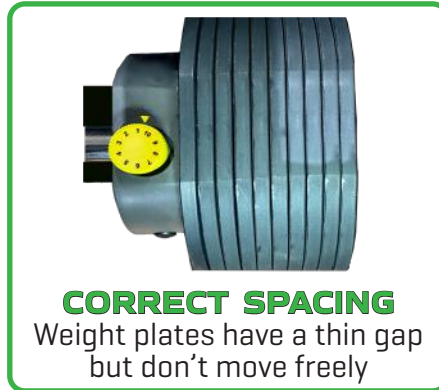
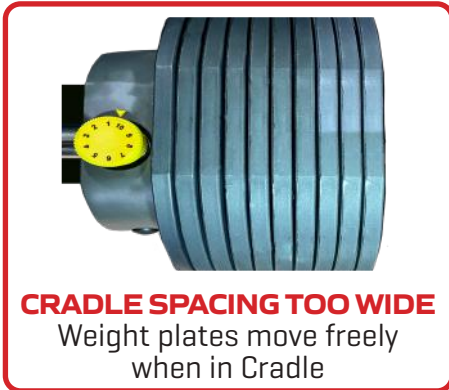


DUMBBELL ADJUSTMENT GUIDE

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 Dumbbell Handset is removed from Cradle.
- + Weight plates are too widely spaced or too closely spaced.



STEP ONE Remove 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 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 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.

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