



PRODUCT DESCRIPTION	IMAGES	PRODUCT DESCRIPTION	IMAGES
MX55 EVO DUMBBELLS Contoured Rubber Handle HANDSETS ON CRADLES 10 - 55 LB 4.5 - 24.9 KG		MX55 EVO DUMBBELLS Knurled Steel Handle HANDSETS ON CRADLES 10 - 55 LB 4.5 - 24.9 KG	
MX70-100 EVO DUMBBELLS Contoured Rubber Handle HANDSETS ON CRADLE 10 - 70 LB 5.9 - 32.2 KG		MX70-100 EVO DUMBBELLS Knurled Steel Handle HANDSETS ON CRADLE 10 - 70 LB 5.9 - 32.2 KG	
MX100 EVO DUMBBELLS Contoured Rubber Handle HANDSETS ON CRADLE 10 - 100 LB 5.9 - 45.4 KG		MX100 EVO DUMBBELLS Knurled Steel Handle HANDSETS ON CRADLE 10 - 100 LB 5.9 - 45.4 KG	
MX125 EVO TWO BARS 2 x Knurled Steel Bars SYSTEM & RACK 30 - 120 LB 13.6 - 54.4 KG Includes 2 x 2.5lb Magnetic Increment Plates		ADD-ON MX125 EVO DUMBBELL STAND Bolts to the MX125 EVO RACK	
MX BENCH ADJUSTABLE TRAINING BENCH		MX EVO STAND Dumbbell Stand only fits EVO MX55 MX70-100 & MX100 Dumbbells	
1.25LB / 0.57KG 4 x Magnetic Increment Plates and 2 x Holders fits EVO MX55 MX70-100 & MX100 Dumbbells		2.5LB / 1.13KG 4 x Magnetic Increment Plates and 2 x Holders is only for EVO MX70-100 & MX100 Dumbbells	
ADD ON KIT FOR MX70-100 EVO UPGRADE FROM 70 lb to 100 lb 12 x PLATES 60 LB / 27.8 KG		MX IMPACT MATS MX EVO DUMBBELL PADS	

MX55™

DUMBBELL USER GUIDE

ASSEMBLY & SYSTEM ADJUSTMENTS



MX SELECT - USER SAFETY PRECAUTIONS

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

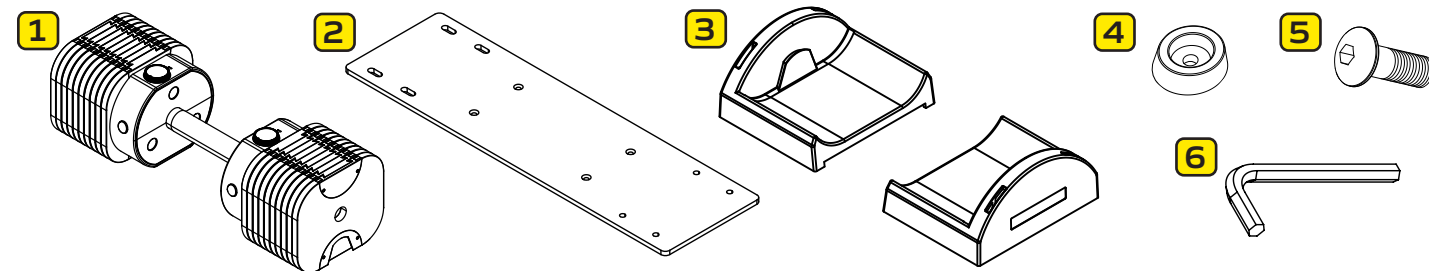
1. Consult a medical doctor or healthcare professional to be cleared by them for exercise and to determine the exercises appropriate for you, before undertaking exercise with MX Select Systems.
2. If you experience any pain or dizziness, stop exercise immediately and consult a medical doctor.
3. Perform 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.

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

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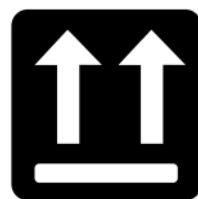
CONTENTS - EVO MX55 DUMBBELL

Item	Qty	Description	Item	Qty	Description	Item	Qty	Description
1	1	MX55 Dumbbell	2	1	Cradle Base	3	2	MX55 Cradle End
4	8	Rubber Foot	5	8	M5 x 15 Bolt	6	1	Allen Key 4mm

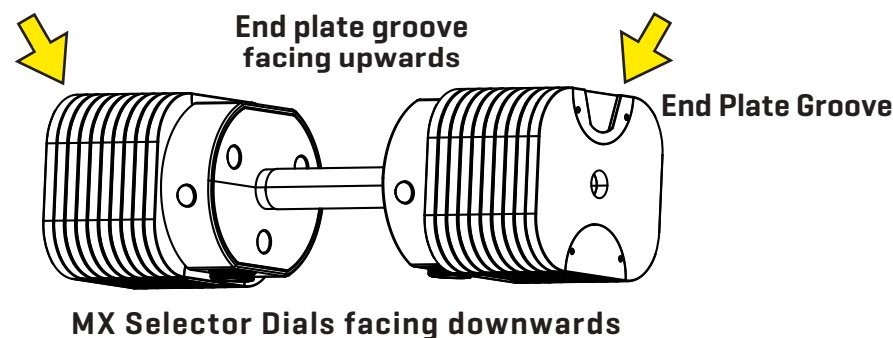


ASSEMBLY INSTRUCTION - EVO MX55 DUMBBELL

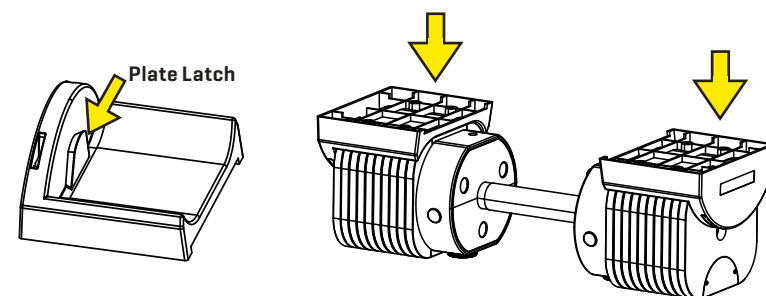
STEP ONE Place the MX Dumbbell System box on a firm, flat surface with the Up Arrow pointing up. Open the top of the box. Remove all contents carefully after reading STEP TWO.



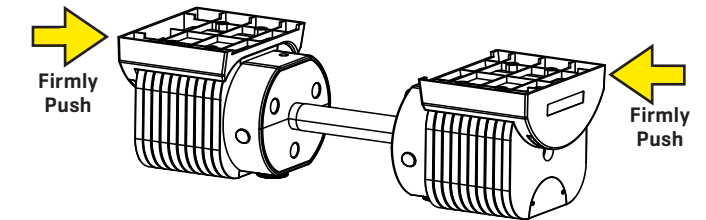
STEP TWO Before removing the MX Dumbbell from the package, **adjust both weight plate Selector Dials to "10"** (they are set to "1" for packaging). Remove the MX Dumbbell from the packaging and place with Selector Dials facing downwards. Ensure that the groove of both End Weight Plates is facing upwards.



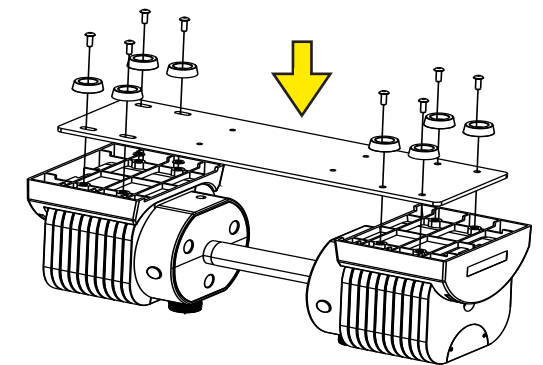
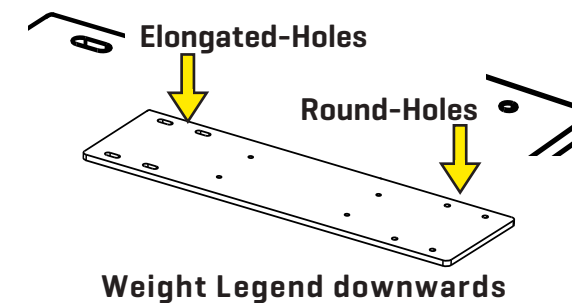
STEP THREE Place one Cradle End onto each end of the MX weight plates and ensure that the latch on each Cradle End is securely engaged in the groove of the End Weight Plate.



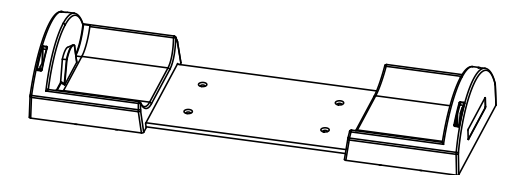
STEP FOUR Firmly push both cradle ends towards the centre to ensure weight plate spacing is correct.



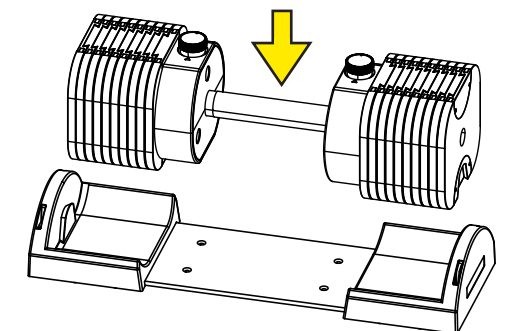
STEP FIVE Place the Cradle Base onto the Cradle Ends, with the Weight Legend decal facing downwards. One end of the Cradle Base has four round holes and the other end has four elongated holes, to allow for fine-tuning of the Cradle width if required. First, secure the round-hole end using 4 x M5 bolts and 4 x Rubber Feet. Finger-tighten only. Repeat to secure the elongated-hole end using the same procedure. Again firmly push both Cradle Ends towards the centre to ensure spacing is correct. **Then fully tighten all 8 bolts.**



STEP SIX Pick up the assembled Cradle and place it upright on a flat surface.



STEP SEVEN Lift the MX Dumbbell and place upright into the Cradle with Selector Dials facing upwards.



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.