



# 1090 SelectTech Dumbbells

The adjustable **1090 SelectTech dumbbells** have weights that adjust from 10 to 90 lbs in 5 lb. increments. Easy-to-use selection dials for adjusting weights. Replaces up to 17 pairs of dumbbells. They are sold as a pair. Great for toning and strength training exercises for both upper and lower body including heavy leg lifts. Compatible with the free Bowflex SelectTech® training App for iOS and Android.



### Replaces up to 34 Dumbbells

With just the turn of a dial, change your resistance from 10 lbs (4.5 kg) all the way up to 90 lbs (40.8 kg) of weight.

### Adjusts to Your Workout

Adjust in 5 lb (2.3 kg) increments so you can gradually increase your strength.

### Space Efficient

Say goodbye to 17 sets of dumbbells cluttering your workout space.

### Wider Weight Range

With weight that adjusts up to 90 lbs, you'll continue to see results as your fitness level improves.

### Quieter Workouts

Durable molding around metal plates provides for a smooth lift-off and quieter workouts.



Exercises	30+
Weight Range	10 lbs - 90 lbs
Weight Settings	5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90 lbs
Assembled Dimensions	17.5" L x 9.5" W x 10" H
Product Weight	92.3lbs
Warranty	Parts - 3 Years