



# 552 SelectTech Dumbbells

The adjustable **552 SelectTech dumbbells** replace 15 sets of weights. Weights adjust from 5 to 52.5 lbs in 2.5 lb increments up to the first 25 lbs. Easy-to-use selection dials for adjusting weights. They are sold as a pair. Easily switch from one exercise to next and with the turn of a dial you can change your resistance, enabling you to gradually increase your strength. Versatile workout for your legs, back, chest, abs, shoulders and arms. Compatible with the free Bowflex SelectTech® training App for iOS and Android.

### Turn Of a Dial

Select the weight you want with the turn of the dial – no more picking up 30 different dumbbells to give you the results you want.

### Space Efficient

Say goodbye to 30 sets of dumbbells cluttering your workout space.

### Wider Weight Range

With weight that adjust from 5 to 52.5 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	5 lbs - 52.5 lbs
Weight Settings	5, 7.5, 10, 12.5, 15, 17.5, 20, 22.5, 25, 30, 35, 40, 45, 50, 52.5 lbs
Assembled Dimensions	16.9" L x 8" W x 9" H
Product Weight	55.64 lbs
Warranty	Parts - 2 Years, Plates - 5 Years, Labour 1 Year