



## CHART#1 - PRO-STYLE DUMBBELLS ASSEMBLY - 5 TO 100 LBS

NOTE: Each pro-style dumbbell is assembled with one handle, weight plates, two laser-marked end caps, and two bolts. The weight of the handle, end caps, and bolts together is about 5 lbs. This 5 lbs weight is considered while calculating the total weight of each pro-style dumbbell. As handle size increases, weight increases a bit – the difference is negligible and not considered in the total weight. Use appropriate handles and laser-marked end caps for each dumbbell size.

ASSEMBLY EXAMPLE: Refer table below. For 30 Lbs dumbbell, use the SDH 2 handle (SDH handle which holds 2 weight plates on each side). First take 2 x 10 Lbs plates, slide 1 plate on each side. Then take 2 x 2.5 Lbs plates, slide 1 plate on each side. Larger plates inside, smaller plates outside. Then fix 30 Lbs end caps (end caps laser-marked 30 Lbs) and insert bolts (one on each side). Now check the dumbbell – handle, plates, endcaps, bolts. Once all parts are in place, tighten the bolts with a 10mm hex Allen-key (used for 5/8 inch or M16 16mm bolts). Thread locker glue can be used but is often not necessary.

DUMBBELL WEIGHT	HANDLE NO.	NO. OF 2.5 LBS PLATES	NO. OF 5 LBS PLATES	NO. OF 7.5 LBS PLATES	NO. OF 10 LBS PLATES
5 LBS	SDH 0	<b>No weight plates. Use only end caps marked 5 Lbs.</b>			
10 LBS	SDH 1	2	0	0	0
15 LBS	SDH 1	0	2	0	0
20 LBS	SDH 1	0	0	2	0
25 LBS	SDH 1	0	0	0	2
30 LBS	SDH 2	2	0	0	2
35 LBS	SDH 2	0	2	0	2
40 LBS	SDH 2	0	0	2	2
45 LBS	SDH 2	0	0	0	4
50 LBS	SDH 3	2	0	0	4
55 LBS	SDH 3	0	2	0	4
60 LBS	SDH 3	0	0	2	4
65 LBS	SDH 3	0	0	0	6
70 LBS	SDH 4	2	0	0	6
75 LBS	SDH 4	0	2	0	6
80 LBS	SDH 4	0	0	2	6
85 LBS	SDH 4	0	0	0	8
90 LBS	SDH 5	2	0	0	8
95 LBS	SDH 5	0	2	0	8
100 LBS	SDH 5	0	0	2	8

This Chart#1 is for (5 to 100 Lbs) pro-style dumbbells. For (105 to 250 Lbs) dumbbells use Chart#2