



CHART#2 - PRO-STYLE DUMBBELLS ASSEMBLY - 105 to 250 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 120 Lbs dumbbell, use the SDH 5 handle (SDH handle which holds 5 weight plates on each side). First take 8 x 12.5 Lbs plates, slide 4 plates on each side. Then take 2 x 7.5 Lbs plates, slide 1 plate on each side. Larger plates inside, smaller plates outside. Then fix 120 Lbs end caps (end caps laser-marked 120 Lbs) and insert bolts (one on each side). Now check – handle, plates, endcaps, bolts. Once all parts are in place, tighten the bolts with a 10mm hex Allen-key (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	NO. OF 12.5 LBS PLATES
105 LBS	SDH 5	0	0	0	10	0
110 LBS	SDH 5	2	0	0	0	8
115 LBS	SDH 5	0	2	0	0	8
120 LBS	SDH 5	0	0	2	0	8
125 LBS	SDH 5	0	0	0	2	8
130 LBS	SDH 5	0	0	0	0	10
135 LBS	SDH 6	2	0	0	0	10
140 LBS	SDH 6	0	2	0	0	10
145 LBS	SDH 6	0	0	2	0	10
150 LBS	SDH 6	0	0	0	2	10
155 LBS	SDH 6	0	0	0	0	12
160 LBS	SDH 7	2	0	0	0	12
165 LBS	SDH 7	0	2	0	0	12
170 LBS	SDH 7	0	0	2	0	12
175 LBS	SDH 7	0	0	0	2	12
180 LBS	SDH 7	0	0	0	0	14
185 LBS	SDH 8	2	0	0	0	14
190 LBS	SDH 8	0	2	0	0	14
195 LBS	SDH 8	0	0	2	0	14
200 LBS	SDH 8	0	0	0	2	14
205 LBS	SDH 8	0	0	0	0	16
210 LBS	SDH 9	2	0	0	0	16
215 LBS	SDH 9	0	2	0	0	16
220 LBS	SDH 9	0	0	2	0	16
225 LBS	SDH 9	0	0	0	2	16
230 LBS	SDH 9	0	0	0	0	18
235 LBS	SDH 10	2	0	0	0	18
240 LBS	SDH 10	0	2	0	0	18
245 LBS	SDH 10	0	0	2	0	18
250 LBS	SDH 10	0	0	0	2	18

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