



CHART#1 - PRO-STYLE DUMBBELLS ASSEMBLY – 2.5 TO 50 Kg

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 2.5kg. This 2.5kg 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 15Kg dumbbell, use the SDH 2 handle (SDH handle which holds 2 weight plates on each side). First take 2 x 5kg plates, slide 1 plate on each side. Then take 2 x 1.25kg plates, slide 1 plate on each side. Larger plates inside, smaller plates outside. Then fix 15kg end caps (end caps laser-marked 15kg) 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 1.25 KG PLATES	NO. OF 2.5 KG PLATES	NO. OF 3.75 KG PLATES	NO. OF 5 KG PLATES
2.5 KG	SDH 0	No weight plates. Use only end caps marked 2.5 Kg			
5 KG	SDH 1	2	0	0	0
7.5 KG	SDH 1	0	2	0	0
10 KG	SDH 1	0	0	2	0
12.5 KG	SDH 1	0	0	0	2
15 KG	SDH 2	2	0	0	2
17.5 KG	SDH 2	0	2	0	2
20 KG	SDH 2	0	0	2	2
22.5 KG	SDH 2	0	0	0	4
25 KG	SDH 3	2	0	0	4
27.5 KG	SDH 3	0	2	0	4
30 KG	SDH 3	0	0	2	4
32.5 KG	SDH 3	0	0	0	6
35 KG	SDH 4	2	0	0	6
37.5 KG	SDH 4	0	2	0	6
40 KG	SDH 4	0	0	2	6
42.5 KG	SDH 4	0	0	0	8
45 KG	SDH 5	2	0	0	8
47.5 KG	SDH 5	0	2	0	8
50 KG	SDH 5	0	0	2	8

This Chart#1 is for (2.5 to 50kg) pro-style dumbbells. For (52.5 to 125kg) dumbbells use Chart#2