



## CHART#2 - PRO-STYLE DUMBBELLS ASSEMBLY – 52.5 to 125 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 2.5 Kg. This 2.5 Kg 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 60 Kg dumbbell, use the SDH 5 handle (SDH handle which holds 5 weight plates on each side). First take 8 x 6.25 Kg plates, slide 4 plates on each side. Then take 2 x 3.75 Kg plates, slide 1 plate on each side. Larger plates inside, smaller plates outside. Then fix 60 Kg end caps (end caps laser-marked 60 Kg) 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 1.25 KG PLATES | NO. OF 2.5 KG PLATES | NO. OF 3.75 KG PLATES | NO. OF 5 KG PLATES | NO. OF 6.25 KG PLATES |
|-----------------|------------|-----------------------|----------------------|-----------------------|--------------------|-----------------------|
| 52.5 KG         | SDH 5      | 0                     | 0                    | 0                     | 10                 | 0                     |
| 55 KG           | SDH 5      | 2                     | 0                    | 0                     | 0                  | 8                     |
| 57.5 KG         | SDH 5      | 0                     | 2                    | 0                     | 0                  | 8                     |
| 60 KG           | SDH 5      | 0                     | 0                    | 2                     | 0                  | 8                     |
| 62.5 KG         | SDH 5      | 0                     | 0                    | 0                     | 2                  | 8                     |
| 65 KG           | SDH 5      | 0                     | 0                    | 0                     | 0                  | 10                    |
| 67.5 KG         | SDH 6      | 2                     | 0                    | 0                     | 0                  | 10                    |
| 70 KG           | SDH 6      | 0                     | 2                    | 0                     | 0                  | 10                    |
| 72.5 KG         | SDH 6      | 0                     | 0                    | 2                     | 0                  | 10                    |
| 75 KG           | SDH 6      | 0                     | 0                    | 0                     | 2                  | 10                    |
| 77.5 KG         | SDH 6      | 0                     | 0                    | 0                     | 0                  | 12                    |
| 80 KG           | SDH 7      | 2                     | 0                    | 0                     | 0                  | 12                    |
| 82.5 KG         | SDH 7      | 0                     | 2                    | 0                     | 0                  | 12                    |
| 85 KG           | SDH 7      | 0                     | 0                    | 2                     | 0                  | 12                    |
| 87.5 KG         | SDH 7      | 0                     | 0                    | 0                     | 2                  | 12                    |
| 90 KG           | SDH 7      | 0                     | 0                    | 0                     | 0                  | 14                    |
| 92.5 KG         | SDH 8      | 2                     | 0                    | 0                     | 0                  | 14                    |
| 95 KG           | SDH 8      | 0                     | 2                    | 0                     | 0                  | 14                    |
| 97.5 KG         | SDH 8      | 0                     | 0                    | 2                     | 0                  | 14                    |
| 100 KG          | SDH 8      | 0                     | 0                    | 0                     | 2                  | 14                    |
| 102.5 KG        | SDH 8      | 0                     | 0                    | 0                     | 0                  | 16                    |
| 105 KG          | SDH 9      | 2                     | 0                    | 0                     | 0                  | 16                    |
| 107.5 KG        | SDH 9      | 0                     | 2                    | 0                     | 0                  | 16                    |
| 110 KG          | SDH 9      | 0                     | 0                    | 2                     | 0                  | 16                    |
| 112.5 KG        | SDH 9      | 0                     | 0                    | 0                     | 2                  | 16                    |
| 115 KG          | SDH 9      | 0                     | 0                    | 0                     | 0                  | 18                    |
| 117.5 KG        | SDH 10     | 2                     | 0                    | 0                     | 0                  | 18                    |
| 120 KG          | SDH 10     | 0                     | 2                    | 0                     | 0                  | 18                    |
| 122.5 KG        | SDH 10     | 0                     | 0                    | 2                     | 0                  | 18                    |
| 125 KG          | SDH 10     | 0                     | 0                    | 0                     | 2                  | 18                    |

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