## Introduction

Thank you for choosing the Bowflex SelectTech 552 Adjustable Dumbbells. Bowflex SelectTech 552 Adjustable Dumbbells are designed to provide a wide range of resistance in a compact space. Each dumbbell can be adjusted from 5 to 52.5 lb (2.3 to 23.8 kg) in 2.5 lb (1.1 kg) increments. Bowflex SelectTech 552 Adjustable Dumbbells are ideal for a variety of exercises, including curls, presses, and rows.

## Safety

Before using Bowflex SelectTech 552 Adjustable Dumbbells, read all instructions and warnings in this manual. Failure to follow these instructions and warnings could result in serious injury or death.

- Keep children and pets away from the dumbbells.
- Do not drop the dumbbells.
- Do not use the dumbbells if they are damaged.
- Do not use the dumbbells for purposes other than exercise.
- Do not use the dumbbells if you are pregnant or nursing.
- Consult your physician before using the dumbbells if you have any medical conditions.

## Assembly

Bowflex SelectTech 552 Adjustable Dumbbells arrive partially assembled. Follow the instructions in this section to complete the assembly.

### Tools Required

| Tool | Purpose |
|---|---|
| Phillips screwdriver | Tightening screws |
| Rubber mallet | Seating components |
| Wrench | Tightening bolts |

### Assembly Steps

1. Place the dumbbell handle on a flat surface.
2. Attach the weight plates to the handle.
3. Secure the weight plates with the collar.
4. Repeat steps 1–3 for the second dumbbell.

## Adjusting the Dumbbells

To adjust the weight, turn the dial on the handle. The dial is connected to a selector that engages the desired number of weight plates. Turn the dial clockwise to increase the weight and counterclockwise to decrease the weight.

## Exercises

Bowflex SelectTech 552 Adjustable Dumbbells can be used for a variety of exercises. Some of the most common exercises are described below.

### Bicep Curl

Stand with your feet shoulder-width apart and hold the dumbbells at your sides with your palms facing forward. Curl the dumbbells up to your shoulders, keeping your elbows close to your body. Lower the dumbbells back to the starting position.

### Shoulder Press

Stand with your feet shoulder-width apart and hold the dumbbells at shoulder height with your palms facing forward. Press the dumbbells overhead until your arms are fully extended. Lower the dumbbells back to the starting position.

### Bent-Over Row

Stand with your feet shoulder-width apart and hold the dumbbells at your sides with your palms facing your body. Bend your knees slightly and lean forward at the hips. Row the dumbbells up to your chest, keeping your elbows close to your body. Lower the dumbbells back to the starting position.

## Maintenance

Clean the dumbbells with a damp cloth after each use. Do not use abrasive cleaners or solvents. Store the dumbbells in a dry place.

## Specifications

| Specification | Value |
|---|---|
| Weight range | 5 to 52.5 lb (2.3 to 23.8 kg) |
| Weight increments | 2.5 lb (1.1 kg) |
| Handle length | 16 in (40.6 cm) |
| Overall length | 17.5 in (44.5 cm) |
| Overall width | 9 in (22.9 cm) |
| Overall height | 9 in (22.9 cm) |
| Weight | 52.5 lb (23.8 kg) per dumbbell |

## Warranty

Bowflex SelectTech 552 Adjustable Dumbbells are covered by a limited warranty. For more information, see the warranty card included with your dumbbells.

# Bowflex SelectTech 552

## Adjustable Dumbbells

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