

# MX SELECT

## RAPID CHANGE WEIGHT SYSTEM

**MX30**  
DUMBBELLS



**MX55**  
DUMBBELLS



**MX85**  
DUMBBELLS



### 2022 - PRODUCT GUIDE

**MX BENCH**



**MX100**  
BARBELLS & RACK



UPDATED: 060422



**HOW THE SELECT DESIRED WEIGHT**

**MX SELECT - POSITIVE LOCK SYSTEM**

**MX30 - DUMBBELLS ON CRADLES**

**MX55 - DUMBBELLS ON CRADLES**

**MX85 - DUMBBELLS ON CRADLES**

**MX STAND FOR DUMBBELLS ON CRADLES**

**MX ADJUSTABLE TRAINING BENCH**

**MX100 - TWO BARBELL SYSTEM & RACK**

**3**

**4**

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**7**

**8**

**9**

**10**



## HOW TO SELECT DESIRED TRAINING WEIGHT

Only adjust the Weight Selector Dial while the Dumbbell is in the Weight Cradle

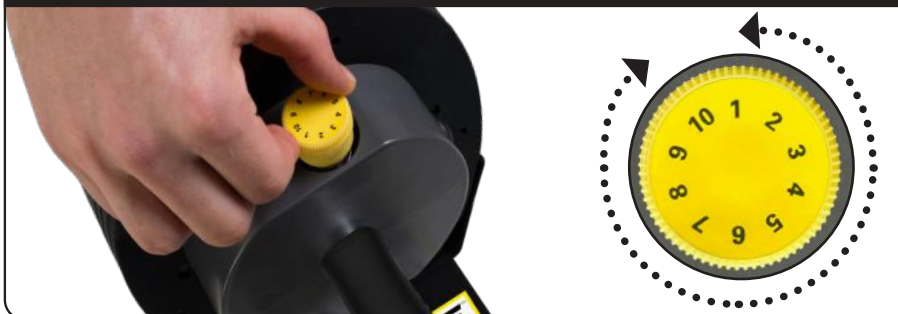
**Push weight selector dial release button**



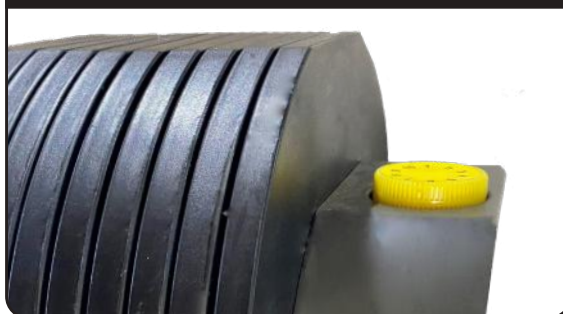
**Raised weight selector release dial**



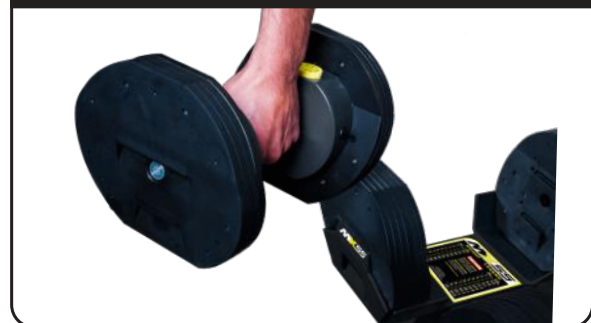
**Turn the weight selector dial to desired training weight**



**Push selector dial in to lock selected weight**



**Lift Dumbbells from cradle and start training**

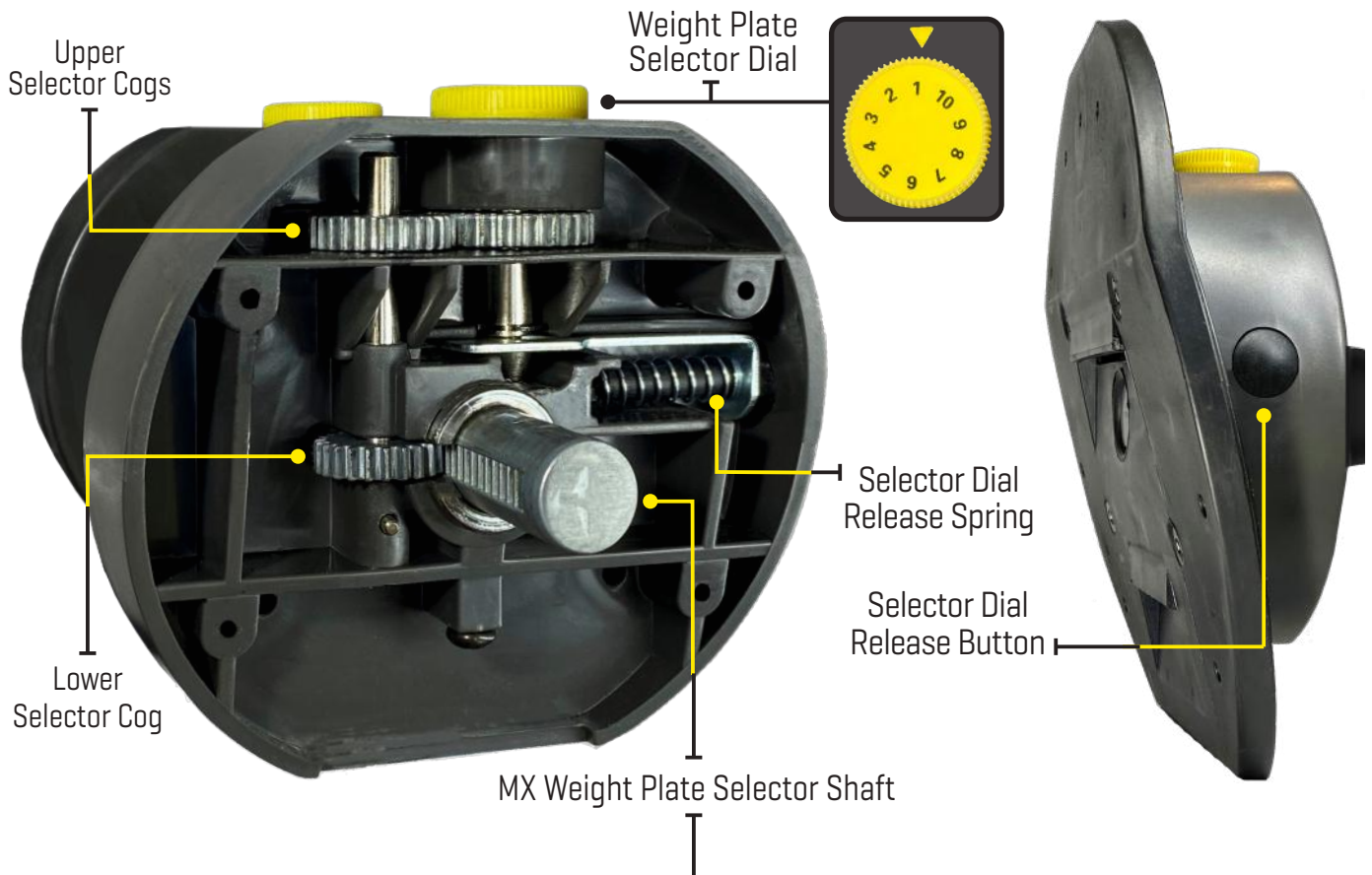


Always adjust both ends of the Dumbbell to your desired training weight

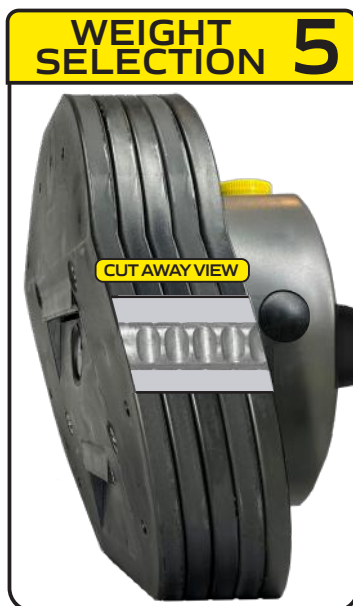
## MX POSITIVE LOCK SYSTEM

- + Steel Selection Mechanism
- + Twin Cog Locking System
- + Audible (Hear) click confirming selection
- + Tactile (Feel) clicks when selecting weight

**Your weight selection is locked in or it isn't. Train with certainty!**



### SELECTOR SHAFT INSERTS INTO ALL SELECTED WEIGHTS



## MX30™ DUMBBELL SYSTEM

Includes a Pair of Dumbbells, Weight Plates & Cradles



MX30 Weight Legend

MX30 WEIGHT LEGEND				
NO.	LBS.		NO.	KGS.
1	7.5	<b>CAUTION</b> DO NOT DROP! DAMAGE MAY RESULT TO HANDLE COMPONENTS AND VOID WARRANTY. SELECTOR DIAL MUST BE DEPRESSED TO LOCK WEIGHTS IN PLACE BEFORE USING. www.MXselect.com <small>US PATENT # 10,000,000                      CANADA # 2,800,000                      EUROPEAN # 123,456                      JAPAN # 789,012</small>	1	3.4
2	10		2	4.5
3	12.5		3	5.7
4	15		4	6.8
5	17.5		5	7.9
6	20		6	9.1
7	22.5		7	10.2
8	25		8	11.3
9	27.5		9	12.5
10	30		10	13.9

MX30 - MIN Weight 7.5 lb / 3.4 kg



MX30 - MAX Weight 30 lb / 13.9 kg



### SPECIFICATIONS & DIMENSIONS

<b>DUMBBELL SYSTEM WEIGHT RANGE</b>	+ 7.5-30 lbs in 2.5 lb increments	+ 3.4-13.9 kg in 1.12 kg increments
<b>DUMBBELL LENGTH - MINIMUM WEIGHT</b>	+ 9.58" - MIN 7.5 lbs	+ 24.3cm - MIN 3.4 kg
<b>DUMBBELL LENGTH - MAXIMUM WEIGHT</b>	+ 15.94" - MAX 30 lbs	+ 40.5cm - MAX 13.9 kg
<b>HANDLE DIMENSIONS</b>	+ Grip Length 5.31" 13.5 cm	+ Grip Diameter 1.29" 3.27 cm
<b>FOOTPRINT - PAIR OF DUMBBELLS</b>	+ 15.7" L x 12.9" W x 6.6" H	+ 40.1 cm L x 32.8 cm W x 16.9 cm H
<b>TOTAL WEIGHT - DUMBBELLS &amp; CRADLE</b>	+ 66 lbs	+ 29.9 kg

MX30 DUMBBELLS	Box per Unit	Length mm	Width mm	Height mm	Nett Kg	Gross Kg	Cubic Meters	Length Inches	Width Inches	Height Inches	Nett Lb	Gross Lb	Cubic Foot
	BOX 1	2	490	240	250	36.00	38.00	0.06	19.29	9.44	9.84	79	83
BOX 2	2												



\* Antimicrobial properties built-in to the contoured dumbbell grip offer surface protection against bacteria, mould & mildew and other hazardous microbes.

## MX55™ DUMBBELL SYSTEM

Includes a Pair of Dumbbells, Weight Plates & Cradles



### MX55 Weight Legend

MX55 WEIGHT LEGEND				
NO.	LBS.	CAUTION	NO.	KGS.
1	10	DO NOT DROP! DAMAGE MAY RESULT TO HANDSET COMPONENTS AND WILL VOID WARRANTY.	1	4.5
2	15		2	6.8
3	20		3	9.1
4	25	SELECTOR DIAL MUST BE DEPRESSSED TO LOCK WEIGHTS IN PLACE BEFORE USING.	4	11.3
5	30		5	13.6
6	35	6	15.9	
7	40	7	18.1	
8	45	8	20.4	
9	50	9	22.7	
10	55	10	24.9	

MX55 - MIN Weight 10 lb / 4.5 kg



MX55 - MAX Weight 55 lb / 24.9 kg



### SPECIFICATIONS & DIMENSIONS

DUMBBELL SYSTEM WEIGHT RANGE	✦ 10-55 lbs in 5 lb increments	✦ 4.5-24.9 kg in 2.25 kg increments
DUMBBELL LENGTH - MINIMUM WEIGHT	✦ 9.58" - MIN 7.5 lbs	✦ 24.3cm - MIN 3.4 kg
DUMBBELL LENGTH - MAXIMUM WEIGHT	✦ 15.94" - MAX 30 lbs	✦ 40.5cm - MAX 13.9 kg
HANDLE DIMENSIONS	✦ Grip Length 5.31" 13.5 cm	✦ Grip Diameter 1.29" 3.27 cm
FOOTPRINT - PAIR OF DUMBBELLS	✦ 16.02" L x 16.29" W x 8.14" H	✦ 40.7 cm L x 41.4 cm W x 20.7cm H
TOTAL WEIGHT - DUMBBELLS & CRADLE	✦ 118 lbs	✦ 53.5 kg

MX55 DUMBBELLS	Box per Unit	Length mm	Width mm	Height mm	Nett Kg	Gross Kg	Cubic Meters	Length Inches	Width Inches	Height Inches	Nett Lb	Gross Lb	Cubic Foot
	BOX 1												
BOX 2		495	300	290	57.0	62.5	0.045	19.5	11.8	11.6	125	137	1.59



\* Antimicrobial properties built-in to the contoured dumbbell grip offer surface protection against bacteria, mould & mildew and other hazardous microbes.

## MX85™ DUMBBELL SYSTEM

Includes a Pair of Dumbbells, Weight Plates & Cradles



### MX85 Weight Legend

MX85™ WEIGHT LEGEND				
NO.	LBS.	CAUTION	NO.	KGS.
1	12.5	<b>DO NOT DROP!</b> DAMAGE MAY RESULT TO HANDSET COMPONENTS AND WILL VOID WARRANTY. SELECTOR DIAL MUST BE DEPRESSURED TO LOCK WEIGHTS IN PLACE BEFORE USING. www.MXselect.com	1	5.6
2	21		2	9.5
3	29		3	13.5
4	37		4	16.8
5	45		5	20.4
6	53		6	24.1
7	61		7	27.7
8	69		8	31.3
9	77		9	34.9
10	85		10	38.6

MX85 - MIN Weight 12.5 lb / 5.6 kg



MX85 - MAX Weight 85 lb / 38.6 kg



### SPECIFICATIONS & DIMENSIONS

DUMBBELL SYSTEM WEIGHT RANGE

- ✦ 12.5-85 lbs in 8 lb increments
- ✦ 5.6-38.6 kg in 3.6 kg increments

DUMBBELL LENGTH - MINIMUM WEIGHT

- ✦ 9.58" - MIN 12.5 lbs
- ✦ 24.3cm - MIN 5.6 kg

DUMBBELL LENGTH - MAXIMUM WEIGHT

- ✦ 116.06" - MAX 85 lbs
- ✦ 40.8cm - MAX 38.6 kg

HANDLE DIMENSIONS

- ✦ Grip Length 5.31" 13.5 cm
- ✦ Grip Diameter 1.29" 3.27 cm

FOOTPRINT - PAIR OF DUMBBELLS

- ✦ 16.45" L x 19.52" W x 9.85" H
- ✦ 41.8 cm L x 49.6 cm W x 25.0 cm H

TOTAL WEIGHT - DUMBBELLS & CRADLE

- ✦ 118 lbs
- ✦ 53.5 kg

MX85 DUMBBELLS	Box per Unit	Length mm	Width mm	Height mm	Nett Kg	Gross Kg	Cubic Meters	Length Inches	Width Inches	Height Inches	Nett Lb	Gross Lb	Cubic Foot
	BOX 1	2	495	345	345	92	94	0.098	19.5	13.6	13.6	202	207



\* Antimicrobial properties built-in to the contoured dumbbell grip offer surface protection against bacteria, mould & mildew and other hazardous microbes.

## MX DUMBBELL SYSTEM WEIGHT STAND

The MX SELECT Dumbbell System Weight Stand will fit MX30, MX55 and MX85 Rapid Change Dumbbell Weight Cradles. The MX Weight Stand is space efficient and easy to use, perfect for any in-home fitness room. To fit the MX Dumbbells, simply unbolt the four weight cradle feet and bolt on top of the weight stand.

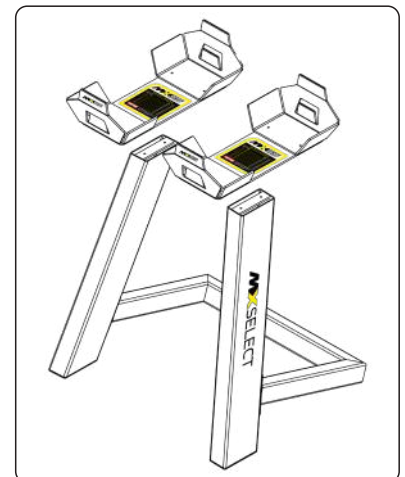
**Fits MX30, MX55 & MX85 Dumbbell Weight Cradle Systems**



### STAND - SPECIFICATIONS & DIMENSIONS

**FOOTPRINT - DUMBBELL & STAND** + 18.74" L x 22" W x 30.68" H  
 + 47.6 cm L x 55.9 cm W x 77.9 cm H

**STAND WEIGHT** + 19.3 lbs + 8.75 kg



### HANDSET & STAND - SPECIFICATIONS & DIMENSIONS

**TOTAL WEIGHT - MX30 DUMBBELL & STAND** + 95 lbs + 43.7 kg

**TOTAL WEIGHT - MX55 DUMBBELL & STAND** + 145 lbs + 67.4 kg

**TOTAL WEIGHT - MX85 DUMBBELL & STAND** + 205 lbs + 94.6 kg

MX DUMBBELL STAND	Box per Stand	Length mm	Width mm	Height mm	Nett Kg	Gross Kg	Cubic Meters	Length inches	Width inches	Height inches	Nett Lb	Gross Lb	Cubic Foot
	1 BOX	650	360	140	8.75	9.75	0.033	25.5	14.2	5.5	19.3	21.8	1.15

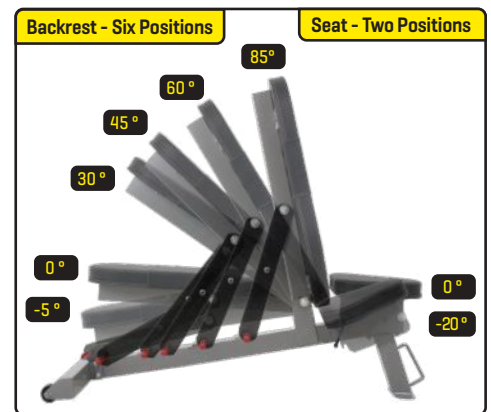


## MX ADJUSTABLE TRAINING BENCH

The MX Bench has six backrest positions, from decline, through flat to multiple incline positions. Extra-long backrest with wide lumbar support. This fully adjustable bench [-5 to + 85 degrees] provides firm support for all your seated and prone exercises.

The MX Select Adjustable Training Bench is upholstered with Antimicrobial Fabric that offers surface protection against bacteria, mould & mildew, and other hazardous microbes.

The backrest is shaped for added comfort and stability. Lifting the Bench, using the handle on the front leg, engages the transport wheels on the rear support, allowing you to easily and safely position your bench wherever you need it.



### SPECIFICATIONS & DIMENSIONS

**BENCH FOOTPRINT** + 50" L x 21" W x 16" H [Flat]  
 + 127 cm L x 53.3 cm W x 40.6 cm H [Flat]

**BENCH WEIGHT** + 51.8 lbs + 23.4 kg

**BENCH WEIGHT CAPACITY** + 550 lbs + 250 kg

MX BENCH	Box per Stand	Length mm	Width mm	Height mm	Nett Kg	Gross Kg	Cubic Meters	Length inches	Width inches	Height inches	Nett Lb	Gross Lb	Cubic Foot
	1 BOX	1250	265	295	23.4	26.5	0.09	49.21	10.43	11.61	51.8	58.6	3.46



\* Antimicrobial properties built-in to the contoured dumbbell grip offer surface protection against bacteria, mould & mildew and other hazardous microbes.

## MX100™ BARBELL SYSTEM

Includes Straight Bar, EZ-Curl Bar, Weight Plates & Rack



**MX100 - Weight Legend**

DIAL NO.	1	2	3	4	5	6	7	8	9	10
WEIGHT	28 lbs	36 lbs	44 lbs	52 lbs	60 lbs	68 lbs	76 lbs	84 lbs	92 lbs	100 lbs
LEGEND	12.7 kgs	16.3 kgs	19.9 kgs	23.5 kgs	27.2 kgs	30.8 kgs	34.4 kgs	38.1 kgs	41.7 kgs	45.3 kgs



### SPECIFICATIONS & DIMENSIONS

- |   |                                 |                                     |
|---|---------------------------------|-------------------------------------|
| <b>TWO BARBELL SYSTEM WEIGHT RANGE</b>        | + 28-100 lbs in 8 lb increments | + 12.8-45.5 kg in 3.6 kg increments |
| <b>BARBELL LENGTH - MINIMUM WEIGHT</b>        | + 45.58" - MIN 28 lbs           | + 123.4 cm - MIN 12.8 kg            |
| <b>BARBELL LENGTH - MAXIMUM WEIGHT</b>        | + 57.8" - MAX 80 lbs            | + 141.3 cm - MAX 45.5 kg            |
| <b>HANDLE DIMENSIONS</b>                      | + Grip Length 43.5" 110.5 cm    | + Grip Diameter 1.15" 2.93 cm       |
| <b>FOOTPRINT - TWO BARBELLS &amp; RACK</b>    | + 55.43" L x 18.9" W x 32.87" H | + 140.8 cm L x 48 cm W x 83.5 cm H  |
| <b>TOTAL WEIGHT - TWO BARBELLS &amp; RACK</b> | + 173.3 lbs                     | + 78.6 kg                           |

MX 100 BARBELLS	Box per Unit	Length mm	Width mm	Height mm	Nett Kg	Gross Kg	Cubic Meters	Length inches	Width inches	Height inches	Nett Lb	Gross Lb	Cubic Foot
MX100 BARS & RACK	BOX 1	1400	520	385	41.2	47.8	0.28	55.12	20.47	15.15	90.83	105.38	9.89
MX100 WEIGHT PLATES	BOX 2	410	325	350	37.4	39.2	0.48	16.14	12.79	13.77	82.42	86.42	1.72

