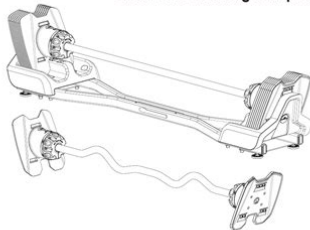




SelectTech™ 2080 Haltère avec barre de flexion  
Guide d'assemblage/du propriétaire



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pounds all the way up to 52.5 pounds of weight. It adjusts in 2.5pound increments up to 25 pounds, enabling you to gradually increase your strength without bulking up. Specifications Change the dumbbells weight with just the turn of a dial.Learn More Additional shipping charges will not apply. Amazon calculates a product's star ratings based on a machine learned model instead of a raw data average.<http://ascinfratech.com/clientprojects/trading/correct-craft-owners-manual.xml>

The model takes into account factors including the age of a rating, whether the ratings are from verified purchasers, and factors that establish reviewer trustworthiness. Please try again later. Mason 3.0 out of 5 stars I thought mine were broken out of the box like so many others. For whatever reason I decided to actually call the manufacturer or in my case the distributor Nautilus Amazon has a button that says get product support. I was frustrated and ABOUT to just return them, but they actually taught me that them locking up out of the box is a safety feature. They dont tell you this, they should, I have no idea why, but I went through a few minute unlocking process and now they seem to work great. Im actually happy now. Essentially you turn them upside down with all parts attached to the base, smack the base with your hand and turn them to 5lbs, after smacking upside down they should release. Take the plates out after pressing a hidden release button on the bottom of the dumbbell, inspect, and place the plates back in the base. Place the handle back in the base and test each weight. It worked for me. Yes, its plastic inside but that is some sturdy plastic I honestly suspect it should work for a good amount of time and apparently they come with a 2 year parts warranty. If you wouldnt mind, upvote this to save time and frustration from all the others who thought it was broken out of the box. The distributors number is 18006053369, they answered after about a 4 minute hold with me. Below is my old review that is no longer relevant. They really need some unlock instructions in the box. Ive adjusted to 3 stars because of the lack of instructions lol. OLD REVIEW Im a smart user and a gym user, so this isnt user error. Ive never owned weights like these, Ill probably still buy some just to save space but unfortunately these ones dont work, straight out of the box which surprised me because I assume Bowflex is a good reputable name.

Im just getting on now to contact Amazon on fixing this. Ive had probably 67 friends come over who thought they could get it to work but nope, they all realized its actually not working either. Only one of the dumbbells doesnt work, the other one does like half the time. We lined the numbers up correctly and everything. Come to think of it, the fact that both of these are either partly faulty or completely faulty makes me think its a bad batch or this isnt a good brand for these.I ended up getting these and the stand and so far they work great but i have a few concerns. Essentially it is a mostly plastic design. We are very good to our home gym equipment, no dropping weights or throwing around but they feel like they are going to have a limited lifespan. I may be wrong but there are a fair number of reviews that stated they had problems. In addition, the other thing i dont particularly like is the wobbly nature of the plates on the dumbbells while you are working out. They do move a fair amount. Its not a big deal but definitely different then a solid dumbbell. For the good, the grip is very comfortable and you can change them very rapidly if you are doing circuits that require you to change the weights frequently. They come in and out of the weight stack pretty easily but i tend to do it very cautiously as that seems to be one of the actions that could damage the catch mechanism if forced. About a month after i bought these I was scanning Craigslist for some other equipment and saw a pair of barely used Ironmaster Adjustable Dumbbells for sale locally. During the month that i owned the 552s it also became clear that i needed to be able to go to at least 75 lbs. I bought the Ironmasters and they are an entirely different level of product but they come at a different level of price as well. The Ironmasters come with a lifetime warranty and when you adjust them tightly they feel like a solid dumbbell. There is no comparison.

<https://www.informaquiz.it/petrgenesis1604790/status/flotaganis22032022-0138>

Where they fall behind the 552s is in the ease of adjusting the weight. Now that i have had them for a bit i can change two dumbbells in about 45 seconds but the same adjustment on the 552s takes

about 5 seconds. That's the only negative on the Ironmasters. I know those are a lifetime purchase. We are keeping both for now and it has worked out well. We tend to use the Ironmasters for heavier sets or if we are not doing circuits that require quick changes and use the 552s for lighter sets or circuits. My wife and I work out together very frequently and do a lot of circuits so two sets of dumbbells actually makes sense. What I think it really comes down to is what you are looking for in terms of price point and longevity. I have been working out at a gym consistently for 30 years now and just decided to build a home gym. I am 52 and wanted equipment that is gonna stay with me until I just can't do it anymore. In that case the Ironmasters are the right choice. If you are new to working out or setting up a home gym and are not sure you are going to stick with an exercise program it's probably hard to justify double the money for the Ironmasters and the Bowflex 552s would be a great place to start. Just go easy on them and hopefully they will last. I would also strongly consider Power Blocks. They are solid and fast to change. Kind of the best of both worlds but some people do not like the design of the hand inside the block position. Hope that helps if you are looking at the big three options. It doesn't twist so I can not remove or add any weights. So unusable. If anyone has any tricks to get it twisting again let me know. I don't want to spend tons of money on shipping to use the warranty. I'm trying to contact seller to see if I can get a replacement dumbbell but finding it impossible to contact the seller. I'm disappointed considering the set is now worthless and these were not cheap. If anyone knows how to contact the seller please let me know.

<https://living-simple.com/images/casio-calculator-fx-300es-manual.pdf>

As you can see from the photos, they were well taken care of and used exclusively on soft carpet, not concrete. I never threw the weights or slammed them after a set, so not heavy use or abuse. Unfortunately, the mechanism that holds the weight on the handle is plastic. In less than 2 years, it somehow broke on both of my weights. It is amazing that Bowflex would use cheap plastic to hold the weights in place. After calling customer service she was very nice we tried to work on a resolution, but they would not honor the warranty. My advice pick another weight that will last. However, these dumbbells extend out so long that for certain exercises I can't get into the correct position. For example, if I want to hold these to do your deadlifts, my arms can't be parallel to each other due to the dumbbells touching. Same with overhead stuff I can't get the full range of motion since these extend out so far. So unfortunately, I still need to have other little dumbbells around to do those exercises. As a girl, I wish there was a lighter set of these dumbbells with more flexibility in weight selections at the lower end, even if that means sacrificing the heavier weight. I wish I could do pushups off these. They warn you not to since you could break the system. You also better hope to have someone super strong around to move the box around when these are delivered to you. I even needed help unpacking them. Sorry, we failed to record your vote. Please try again Be mindful when you are doing some of the movements and you only use let's say 15 lbs well you still get the full length so they can be quite awkward. Easy to switch weights so that is awesome but bulky so honestly not sure if buy again at the price. They are pricey. Sorry, we failed to record your vote. Please try again They are really nice and very practical. Definitely not perfect, but I can have a home workout plan with only these.

<http://pillangovendeghaz.com/images/casio-calculator-fx-570ms-manual.pdf>

Pros Compact all in one Easy to store Cons Get bulky with lighter weights which makes it difficult for certain moves not a big issue though Sometimes they get stuck. You really need to make sure the weights are well set. Turn a bit right or left before getting it where you want Sorry, we failed to record your vote. Please try again It has good locking mechanism but that makes me nervous too. It is very delicate locking system and it could be damaged easily if dropped or handled badly. This is best if you use it carefully for home workouts!! Hope they have warranty on this. Sorry, we failed to record your vote. Please try again J'ai demandé la reprise de la marchandise non déballée, un transporteur est venu la chercher il y a 10 jours, depuis aucune nouvelle d'AMAZON et pas de

remboursement. Sorry, we failed to record your vote. Please try again I've had the 1090s for years and really like them. The 552s are smaller, easier to use and perfect for women. You just have to get use to the longer shaft required to accommodate the heavier pounds. They are not that much longer, but they are longer and require an adjustment when using them. The 552s are easy to pull out, REALLY easy to change weights nice smooth dial in, and very comfortable to use. Nice grip..the 90s have a killer knurl in them. Don't drop them. These are NOT gym quality, but home quality. Take care of them and they'll last you for years on end. Small footprint, these are really good for women, maybe not so much for men as 52 lbs. That's where the 90s come in. I've even thought about buying a set of these for myself they are so nice to use, but that would be overkill, lol. I like the smaller handles over the 90s but it's been 6 years now that I've been using them. You get use to them and they are perfect for 99% of all exercises you'll ever do. HIGHLY RECOMMENDED! P.S. one of my 1090s locked up on me a couple of years ago. Easy peasy, just a bunch of steps. So, no worries way down the road.

Sorry, we failed to record your vote. Please try again Without lots of space for a rack of weights, I purchased two of these and they fit almost anywhere. Plus they replace the need for dozens of pairs of individual dumbbells which in and of itself is extremely convenient. There is a little bit of a learning curve with them too. For example, you can't use them as a handhold for pushups as it could damage the mechanism. And they do sound a little loose while in use but to date I haven't had a single incident. Yes, it can be a bit annoying changing the weight for alternating sets and exercises, but it's painless to do so. Pop the weights back into place, dial both sides to the weight you need, and lift. That's it. Overall, I would definitely recommend these if you don't have the space or money to purchase a wider range of individual dumbbells. Definitely worth it. Sorry, we failed to record your vote. Please try again I am just building up my home gym and this is a definite space saver with a small footprint. They came both in a box, stacked on top of one another. For those of you who don't read the manual, it is easiest to lay the box on its side and then remove the styrofoam and weight. To note, there are cutouts under the plate on the each end of the dumbbells which make it easier if you want to move the whole thing. I have to mostly agree with the other reviewers, which is that they are of a fixed length, which some may judge to be a bit too long at lower weights for some exercises see pic for scale. For me, I am not a big guy 5 ft 4 in, but this wasn't really too big an issue, although sometimes I have to be careful not to bang the ends of the dumbbells against each other. Also, while the dumbbells are not delicate, dropping them wouldn't be advised as the adjustment mechanism might be damaged. The mechanism for adjusting the weights is well designed although one has to be careful when reinserting the dumbbells into the base.

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I have had a plate stick and needed to wiggle it around to loosen it again, but it was not an issue. The mechanism is designed for safety so that there is a click when the adjustment is properly done, and if the adjustment dial has not clicked, the dumbbell will not come out of the base. Overall, I am very satisfied with this purchase, and would make it again, especially when they are on sale for a good price! Sorry, we failed to record your vote. Please try again Das Spiel ist allerdings sehr gering geringer als bei den anderen einstellbaren Hanteln die ich getestet habe und stört nicht weiter. Ansonsten ist alles so wie es sein soll. Besonders hervorheben kann man den sehr angenehmen Griff. Zumindest für meine Hände ist dieser nicht zu dünn und nicht zu dick. Sorry, we failed to record your vote. Please try again But this set totally blew my mind. The hold is good in the palm and easy to manoeuvre especially given it is relatively larger than using a regular dumbbell. A key function is the offset weight on either end of the SelectTech to help build the forearm and make the wrist stronger. Uses much less of a 550 Lb dumbbell rack set footprint letting you use the floor space for any other equipment. The weights are easily adjusted by turning the wheels on either end. Much more functional and easy to use. Super pleased! Sorry, we failed to record your vote. Please try again



There were major issues with delivery of these for me though. Had to contact Amazon multiple times. I will say however that these issues were rectified and although they were delayed, they came as described and work really well. All of the amazon representatives with whom I spoke throughout were also incredibly polite and understanding. The dumbbell themselves are perfect. Saves a lot of space and they feel pretty solid. Just a little thing of the grips being a bit too large for me, not too much though. I would recommend some kind of gloves to go with this. My sisterinlaw thought they were too bulky.

I think they are perfect size though. Keep your individual preferences in mind. Sorry, we failed to record your vote. Please try again Quality product all the way They have not gotten out of alignment. The weight selector dials work, nothing is jammed yet. Very easy to use. With some exercises you wish the dumbbells could be a little less wide. But thats a very, very, very minor complaint. If you dont want to place them on the floor, you need to rest them on either the Bowflex SelectTech Dumbbell Stand, or a small table of sorts. As for the willpower to use the dumbbells regularly enough to achieve your fitness goals, haha. You cant blame the dumbbells for not providing that my friend. Sorry, we failed to record your vote. Please try again They adjust easily and are relatively small, especially compared to having multiple sets of dumbbells at different weights. I am reasonably gentle with them dont drop them or do any exercises putting my weight on them and they have held up very well. I had one of the dials that gave me a problem when one weight fell off its ring, but was able to easily fix it. Overall I would highly recommend them. They have taken my home gym to the next level. Sorry, we failed to record your vote. Please try again You will never get the weight to lift heavy, but to keep active at home with limited room this is a must have. Easy to change weight. Dumbbells offer a great all round workout with limited weight helping to correct unevenness is strength. Prior to buying I did read a review about the weight dial jamming. I have found this to be true. I havent been hard on the weight system since I was aware, and it hasnt caused an irreversible damage, but something to be aware of. Still a great buy. To buy enough range of Dumbbells first you need room, second the cost is still higher. Sorry, we failed to record your vote. Please try again After a week of use, I am highly satisfied with the dumbbells. Easy to use, comfortable and highly durable.

It takes a workout or 2 to get used to the feel. Certain workouts any chest press or squat require little adjustment with your positioning and wrist, but never is range of motion limited. Obviously these are more delicate than your local gym weights so DO NOT DROP by any means necessary. However, if handled with care, the feel becomes natural and you dont feel like your holding little machines. If its not obvious already, I highly recommend these dumbbells. Fantastic value, a space saver and a great investment during these times and even after this all passes. Sorry, we failed to record your vote. Please try again.

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