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Bowflex SelectTech 552

Bowflex SelectTech 552 Adjustable Dumbbells User Manual

Model: SelectTech 552

Introduction

Thank you for choosing the Bowflex SelectTech 552 Adjustable Dumbbells. This manual provides essential information for the safe and effective use, setup, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before using the product and retain it for future reference.

Important Safety Information

Always consult with a physician before beginning any exercise program. Stop exercising immediately if you feel faint, dizzy, or experience pain. Failure to follow these instructions could result in serious injury.

- Keep children and pets away from the dumbbells during use.
- Inspect the dumbbells before each use for any signs of damage or wear. Do not use if damaged.
- Ensure the weight selection dials are fully engaged and locked before lifting.
- Use proper lifting techniques to avoid injury. Lift with your legs, not your back.
- Do not drop the dumbbells. This can damage the mechanism and void the warranty.
- Use the dumbbells on a flat, stable surface.

Product Overview

The Bowflex SelectTech 552 Adjustable Dumbbells replace multiple sets of traditional dumbbells, offering a weight range from 5 lbs to 52.5 lbs per dumbbell. The innovative dial system allows for quick and easy weight changes.



Image: A single Bowflex SelectTech 552 Adjustable Dumbbell, showcasing its compact design and the weight selection dial.

Setup

Unpacking

1. Carefully remove the dumbbells and their bases from the packaging.
2. Remove all packing materials.
3. Retain packaging for potential future transport or returns.

Initial Inspection

Before first use, inspect both dumbbells and their bases for any visible damage, loose parts, or manufacturing defects. If any issues are found, do not use the product and contact customer support.

Placement

Place the dumbbell bases on a flat, stable, and level surface. Ensure there is adequate space around the dumbbells for safe operation and movement.

Operating Instructions

Adjusting Weight

The Bowflex SelectTech 552 dumbbells allow for weight adjustments from 5 lbs to 52.5 lbs in 2.5 lb increments up to 25 lbs, and then 5 lb increments thereafter.

1. Ensure the dumbbell is securely seated in its base.
2. Locate the red weight selection dials on both ends of the dumbbell handle.
3. Rotate both dials simultaneously to the desired weight setting. Ensure both dials show the exact same weight.
4. Confirm that the weight plates are securely locked into place before lifting the dumbbell from its base. You should hear a click and feel the plates engage.
5. Lift the dumbbell straight up from the base. The unselected weight plates will remain in the base.
6. To change weight again, return the dumbbell firmly into its base.

Proper Lifting Technique

Always prioritize proper form to prevent injury.

- Maintain a straight back and engage your core.
- Lift and lower weights in a controlled manner. Avoid jerky movements.
- Breathe properly: exhale during exertion, inhale during relaxation.
- Start with lighter weights to master the form before increasing resistance.

Maintenance

Cleaning

Wipe down the dumbbells and bases with a damp cloth after each use to remove sweat and dirt. Do not use abrasive cleaners or solvents, as these can damage the finish and internal mechanisms.

Storage

Store the dumbbells in their bases in a dry, temperate environment. Avoid extreme temperatures or direct sunlight, which can affect the plastic components.

Regular Inspection

Periodically check the weight selection dials and plate locking mechanisms for smooth operation. Ensure all components are secure and free from damage. If you notice any issues, refer to the troubleshooting section or contact customer support.

Troubleshooting

Problem	Possible Cause	Solution
Dumbbell will not lift from base.	Weight selection dials not fully engaged or misaligned.	Ensure both dials are set to the same weight and fully clicked into position. Push the dumbbell firmly into the base before attempting to lift.
Weight plates are loose or rattling.	Dials not properly set, or internal mechanism issue.	Return dumbbell to base, reset dials to desired weight, ensuring a firm click. If problem persists, discontinue use and contact support.
Dials are stiff or difficult to turn.	Accumulation of dirt/debris, or internal friction.	Ensure dumbbell is fully seated in the base. Clean around the dials. Do not force the dials. If stiffness continues, contact support.

Specifications

- **Model:** Bowflex SelectTech 552
- **Weight Range:** 5 lbs to 52.5 lbs per dumbbell
- **Weight Increments:** 2.5 lbs (up to 25 lbs), then 5 lbs
- **Handle Diameter:** 1 inch
- **Replaces:** 15 sets of dumbbells

Warranty and Support

Bowflex products are manufactured to high-quality standards. For specific warranty details, please refer to the warranty card included with your purchase or visit the official Bowflex website. If you require assistance, have questions, or need to report an issue, please contact Bowflex customer support through their official channels. For the most up-to-date support information, please visit:www.bowflex.com/support

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