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Bowflex 552 BFW0025-OS

BowFlex Results Series SelectTech Dumbbells 552 Pair User Manual

Model: 552 Pair (BFW0025-OS)

1. Introduction

Thank you for choosing the BowFlex Results Series SelectTech 552 Pair Dumbbells. This product is designed to provide a versatile and efficient strength training experience by combining multiple weights into a single, adjustable unit. This manual provides essential information for the safe and effective use, setup, operation, and maintenance of your dumbbells. Please read this manual thoroughly before using the product and retain it for future reference.



Image 1.1: The BowFlex SelectTech 552 Dumbbell Pair in its storage tray.

This image shows a pair of black BowFlex SelectTech 552 adjustable dumbbells resting in their respective black plastic storage trays. The dumbbells feature a central handle with weight plates on either side, and adjustment dials are visible at the ends of the dumbbell heads.

2. Important Safety Information

WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the BowFlex SelectTech 552 Dumbbells.

- **Consult a Physician:** Before starting any exercise program, consult your physician. This is especially important for individuals over the age of 35 or those with pre-existing health conditions.
- **Proper Use:** Use the dumbbells only for their intended purpose as described in this manual. Do not modify the product.
- **Inspect Before Use:** Always inspect the dumbbells for any damage or loose parts before each use. Do not use if any component is damaged or appears to be malfunctioning.
- **Secure Weight Plates:** Ensure that the weight plates are securely locked in place by the adjustment dials before lifting

the dumbbell. Always check that the selected weight matches the plates picked up.

- **Proper Form:** Use proper lifting techniques and maintain good posture during exercises to prevent injury. If you experience pain or discomfort, stop exercising immediately.
- **Stable Surface:** Use the dumbbells on a flat, stable, and non-slip surface.
- **Keep Clear:** Keep children and pets away from the dumbbells during use. Store the dumbbells in a safe place when not in use.
- **Weight Limits:** Do not attempt to lift more weight than you can safely handle.

3. Package Contents

Carefully unpack your BowFlex SelectTech 552 Dumbbells and verify that all components are present and undamaged. If any items are missing or damaged, please contact customer support.

- 2 x BowFlex SelectTech 552 Adjustable Dumbbells
- 2 x Storage Trays (one for each dumbbell)
- User Manual (this document)

4. Setup

Your BowFlex SelectTech 552 Dumbbells require minimal setup before first use.

1. **Placement:** Place each storage tray on a flat, stable surface where you intend to use and store your dumbbells. Ensure there is enough clear space around the trays for safe operation.
2. **Dumbbell Seating:** Gently place each dumbbell into its corresponding storage tray. Ensure the dumbbell handle is centered and all weight plates are properly aligned within the tray.
3. **Initial Inspection:** Before your first workout, rotate the adjustment dials on both ends of each dumbbell to ensure they move freely and click into each weight increment. Lift each dumbbell briefly to confirm that only the selected weight plates are picked up and that they feel secure.



Image 4.1: BowFlex SelectTech 552 Dumbbells ready for use.

This image displays a pair of BowFlex SelectTech 552 dumbbells in their trays, positioned on a clean floor, ready for a workout session. The image highlights the compact design of the dumbbells.

5. Operating Instructions

The BowFlex SelectTech 552 Dumbbells allow for quick and easy weight adjustments.

1. **Place Dumbbell in Tray:** Always ensure the dumbbell is fully seated in its storage tray before attempting to adjust the weight.
2. **Adjust Weight:** Locate the adjustment dials on both ends of the dumbbell. Rotate both dials simultaneously to your desired weight setting. The available weight increments are 5, 7.5, 10, 12.5, 15, 17.5, 20, 22.5, 25, 30, 35, 40, 45, 50, and 52.5 pounds. Ensure both dials are set to the exact same weight. You will hear a click as the dial locks into each increment.
3. **Verify Selection:** Visually confirm that the selected weight number is aligned with the indicator on both dials.
4. **Lift Dumbbell:** Grip the handle firmly and lift the dumbbell straight up from the tray. The internal locking mechanism will engage, securing only the selected weight plates. The remaining plates will stay in the tray.
5. **Return Dumbbell:** After your exercise, carefully lower the dumbbell straight back into its storage tray. Ensure it is fully seated before making any further weight adjustments.



Image 5.1: Adjusting the weight on a BowFlex SelectTech 552 Dumbbell.

This image shows a person's hand rotating the adjustment dial on one end of a BowFlex SelectTech 552 dumbbell. The dial has clear weight markings, indicating the ease of changing resistance levels.



Image 5.2: Lifting the BowFlex SelectTech 552 Dumbbell.

This image captures a person lifting a BowFlex SelectTech 552 dumbbell from its tray, demonstrating the ergonomic, non-slip grip. The selected weight plates are securely attached to the handle, while the unselected plates remain in the tray.

6. Maintenance

Regular maintenance will help prolong the life and performance of your BowFlex SelectTech 552 Dumbbells.

- **Cleaning:** Wipe down the dumbbells and trays with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents, as these can damage the finish and components.
- **Storage:** Store the dumbbells in their trays in a clean, dry environment away from extreme temperatures and direct sunlight.
- **Inspection:** Periodically inspect the dumbbells for any signs of wear, damage, or loose components. Pay close attention to the adjustment dials, weight plates, and handle. If you notice any issues, discontinue use and contact

customer support.

- **Lubrication:** No lubrication is required for the adjustment mechanism. Do not attempt to lubricate any internal parts.

7. Troubleshooting

If you encounter any issues with your BowFlex SelectTech 552 Dumbbells, refer to the following common solutions:

Problem	Possible Cause	Solution
Dumbbell does not pick up selected weight plates.	Dumbbell not fully seated in tray; dials not set to same weight; obstruction.	Ensure dumbbell is fully seated. Verify both dials are set to the exact same weight. Check for any debris or obstruction in the tray or between plates.
Adjustment dials are stiff or stuck.	Dumbbell not fully seated; debris; internal mechanism issue.	Ensure dumbbell is fully seated in the tray. Check for any visible debris around the dials. Do not force the dials. If the issue persists, contact customer support.
Dumbbell feels loose or makes unusual noises.	Loose components; damage.	Stop using the dumbbell immediately. Inspect for any visible damage or loose parts. Do not attempt to repair. Contact customer support.

8. Specifications

Feature	Detail
Model	SelectTech 552 Pair (BFW0025-OS)
Weight Range (per dumbbell)	5 to 52.5 lbs (2.27 to 23.8 kg)
Weight Increments	5, 7.5, 10, 12.5, 15, 17.5, 20, 22.5, 25, 30, 35, 40, 45, 50, 52.5 lbs
Dimensions (each dumbbell in tray)	16.9" L x 8.3" W x 9" H (43 cm L x 21.2 cm W x 22.8 cm H)
Total Item Weight (pair)	Approximately 110.6 lbs (50.1 kg)
Materials	Plastic, Rubber, Alloy Steel
UPC	763165533461



Image 8.1: Dimensions of the BowFlex SelectTech 552 Dumbbell.

This image provides a clear visual representation of the dimensions of a single BowFlex SelectTech 552 dumbbell in its tray, indicating its length (16.9"), width (8.3"), and height (9").

9. Warranty and Support

For detailed warranty information, please refer to the official BowFlex website or the warranty card included with your purchase. Warranty terms and conditions may vary.
If you require assistance, have questions, or need to report an issue with your BowFlex SelectTech 552 Dumbbells, please contact BowFlex Customer Support:

- **Website:** Visit the official BowFlex support page for FAQs, troubleshooting guides, and contact options. www.bowflex.com/customer-service/
- **Phone:** Refer to the BowFlex website for current customer service phone numbers and operating hours.

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