



## SelectTech 840 Kettlebell User Manual

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SelectTech 840 Kettlebell



**SelectTech 840 Kettlebell:** Why won't the kettlebell fit or the dial turn while set in the base?

Follow this troubleshooting guide to help adjust the selection dial of your SelectTech 840 Kettlebell while it is set in the base.

**Some common complaints may include:**

- Handle doesn't adjust
- Adjustment/selection dial won't turn
- Can't select a different weight setting
- Weight dial is stuck
- Kettlebell doesn't fit in base

**Follow these steps to troubleshoot the issue**

1. Check which weight selection the dial is set to. If the dial is set to 8lb, check if the 5lb weight plate is in the base. Place your kettlebell in the base and make sure the handle is fully depressed into the base. Grasp the selection dial tightly with the palm of your hand resting on the Bow flex logo. Try and rotate the dial. If the dial rotates and the 5 lb weight plate is in the base, skip to Step 7.
2. If the dial will not rotate, remove the kettlebell from the base. Remove plates 1-4 from the base and carefully set them aside. Inspect the base for any dirt, debris or other obstruction and remove obstructions as needed [12145.A]. Make sure the 5 lb weight plate is inserted into the base (reference 1). Once complete, skip to Step 7.

**(Reference 1)**



*The 5 lb weight plate is pictured inserted into the base.*

3. If the selection dial is not set to 8 lb/3.5 kg, set your kettlebell and base on a towel or blanket on the floor. The rubber feet on the bottom of the kettlebell can mark hard surfaces with black smudges if it is not covered with a towel or blanket.
4. Lift the kettlebell out of the base and set it on the towel/blanket. Gently tip the kettlebell to its side and press the release pin (reference 2) on the end of the selection shaft while turning the dial to 8 lbs. Watch for the 5 lb plate. It will dislodge when the release pin is pressed and needs to be caught before the kettlebell is fully tipped onto its side (reference 3). Set the 5 lb plate aside.

**(Reference 2)**



The release pin is located on the bottom of the kettlebell and is circled in red. Press the release button while

rotating the selection dial to 8.

**(Reference 3)**



The 5 lb weight plate will dislodge when the release pin is pressed. Catch the plate before completely tipping the kettlebell to its side.

5. Be cautious when moving the kettlebell. The weight plates inside are now loose and will dislodge if the kettlebell is tipped upright. Place one hand on the bottom of the kettlebell to hold the plates inside of the kettlebell. Very slowly tilt the kettlebell upright while still supporting the plates from the bottom of the kettlebell. Be careful to not pinch your fingers.
6. Just before the bottom of the kettlebell rests flat on the floor, carefully slide your hand out from the bottom of the kettlebell. Lift the kettlebell up, leaving the stack of weight plates on the floor. Place the 5 lb. weight plate back in the base (reference 4). Inspect each plate for damage. If damage is present, order a Weight Plate for the affected plate [12145.B].

**(Reference 4)**



7. Carefully lift the 5 lb plate out of the base. It is easiest to remove when you use both hands to grab the two tabs that jut inward toward the center of the plate. Lift the plate up and gently set it to the side.
8. Check the base for any dirt, debris, or other obstructions and remove as necessary [12145.C]. Place the 5 lb plate back into the base and confirm that the metal pin in the center of the plate (reference 5) extends up when the plate is placed into the base. It may be necessary to pick the plate up and set it back down into the base several times to confirm. Once confirmed, skip to Step 11.

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The pin in the plate (circled in red) should extend upwards as shown in this image.

9. If the pin does not extend upwards, check the base and pin for damage. Remove the 5 lb plate and inspect the base for any obstructions again. Inspect the pin from inside the base for damage. Inspect the pin from the bottom of the base for damage. If damage is present, order a Base [12145.D].
10. If no damage is present to the base or pin, reinsert the 5 lb plate in the base. If the pin still will not extend upwards, order a 5 lb plate [12145.E].
11. Remove the kettlebell from the base and rotate it upside down. Check the selection shaft (reference 6) for damage. If damage is present, order a Kettlebell Hull [12145.F].

**(Reference 6)**



The selection shaft is pictured in the center of the kettlebell. Check for any damage, such as it being bent.

12. If there is no damage, place only the 5 lb plate into the base and make sure the kettlebell is set to the 8 lb weight setting. If needed, press the release pin on the end of the selection shaft and turn the dial to the 8 lb setting. It may help to turn the kettlebell upside down in your lap with one hand on the dial and the other pressing the release pin. Place the kettlebell back into the base and see if the dial will turn [12145.G]. If the dial will not turn, order a Kettlebell Hull [12145.H].
13. Carefully place the rest of the plates back in the base. Remember to put each weight plate back in the correct sequence and orientation. Starting with the plates closest to the base, place the weight plate marked #5 down, followed by plates 4, 3, 2, and 1 (reference 7) [12145.I].

**(Reference 7)**



The plates are ordered from bottom to top. Start with weight plate #5, followed by plates 4, 3, 2, and 1.



Need to order replacement parts?

1. Parts Reference Table


Part Description	Part SKU
Base	8019375
Kettlebell Hull	8019377
Weight Plate #1	8019365
Weight Plate #2	8019366
Weight Plate #3	8019367
Weight Plate #4	8019368
Weight Plate #5	8019369

2. Contact Tech Team / Advanced Troubleshooting

If the issue was not resolved in the steps listed, contact the Tech Team or send an Advanced Troubleshooting case.

Submit a Case with case type Advanced Troubleshooting

Documents / Resources



[SelectTech 840 Kettlebell](#) [pdf] User Manual  
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References

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