



**StairMaster®**

# TWISTLOCK™ DUMBBELL



## Twist and Go

Nobody wants oversized, bulky, odd shaped dumbbells getting in the way of your training. The patented TwistLock™ technology allows quick and easy weight adjustments with the simple twist of each dumbbell handle. No knobs to turn, pins to align, or levers to slide.

TwistLock™ dumbbells were designed to create the same balance and feel of a commercial quality dumbbell no matter what weight was selected. The result is the most space efficient and easy-to-use adjustable dumbbell available.



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## TWISTLOCK™ DUMBBELL

### Product Specifications:

- Product Dimensions:  
Dumbbell: 14.5" L x 7.8" W  
Cradle: 16" L x 9.1" W  
Dumbbells on Stand: 22" L x 33.5" W x 31.8" H
- Weight Range: 5 to 50 lbs each dumbbell
- Adjusts in 5 lbs increments
- Size Range: 5 lbs starting weight is 9.3" long, length increases with additional weight
- Cradles and exercise guide included
- Stand sold separately

### Key Features:

#### Fast

You never have to take your hands off the handles to change the weight. Just dock, twist and go!

#### Simple

The highly visible weight selection windows clearly show the selected weight.

#### Safe

Weight changes can only be made when the handle is in the cradle.



Aluminum cradle delivers a solid, lightweight frame with a modern design.

Weight selection windows are located on both ends of the handle and are highly visible.

Durable, high-impact plastic covered plates are engineered to last.

Opening at each end of cradle provides a secure hand grip for moving cradles.

Handle starting weight of just 5 lbs is the most compact available. Contoured and textured handle provides a comfortable and secure grip.



	<b>RESIDENTIAL</b>
<b>Parts</b>	2 yrs (limited)
<b>Warranty</b>	