



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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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 & 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.

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

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