



Keeping South Florida Healthy  
& Fit for over 20 Years!

## MX SELECT - REVOLUTIONISING IN-HOME STRENGTH TRAINING

The MX SELECT series is revolutionising in-home strength training. Our unique rack and pinion design (international patents pending<sup>1</sup>), challenges traditional selectorised dumbbell and barbell systems, offering a stylish yet compact design that looks and feels exactly like the free weight systems used in commercial gyms.

# MX55 X REPETITION NEVER FELT SO GOOD

If you love weight training, the MX55 selectorised dumbbells are the ultimate 'must have' for the home gym. Not only do they look good, they deliver all the pro-style features you would expect from gym quality fixed dumbbells, including safety, durability and rapid weight selection.

The pro-style quality of the MX55 handset enables you to hit every major muscle group at your own convenience, in a compact amount of space.

Move from 10-55lbs at the click of a dial to get a full body workout with seamless weight transition between reps.

The set's sleek form and unique safety features will motivate you to push your limits even further. Experience it for yourself – build a better, stronger, leaner body with an MX55 progressive lifting program.



Revolutionising in-home strength training



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# X A DESIGN SO COMPACT IT FITS PERFECTLY INTO YOUR LIFESTYLE

The MX55 is a high-end system that offers outstanding value and performance in the selectorised dumbbell category. The MX55's solid steel core handset features an 'industry first' rack and pinion system, to replicate and equal the performance of a fixed commercial-grade 10-piece dumbbell set.



## Key Features

- Steel craftsmanship** – looks, feels and functions just like a pro-style dumbbell
- Perfect balance** – length of weight shortens evenly each side, as less weight is selected
- Quiet smooth operation** – changing weight does not involve handling the weight
- No protruding knobs or ends** – selector dials recess into collars after weight selection
- Open handle design** – biomechanical and ergonomic precision
- Unique rack and pinion design** – securely locks weight plates into an immovable position
- Exceptional value** – price per pound is close to the average for most models
- Easy to handle** – can be removed and replaced at 180 degrees

## WEIGHTS AND DIMENSIONS

10–55 lbs in 5 lb increments [4.5–24.9 kg in 2.25 kg increments]

15.94" [40.5 cm] long - end to end at 55 lbs [24.9 kg]/out of stand

9.58" [24.3 cm] long - end to end at 15 lbs [6.8 kg]/out of stand

Handle length - 5.21" [13.2 cm] [inside dimensions] by 1.125" [2.9 cm] diameter

System footprint in stand - 18.74" L X 22" W X 30.675"H [47.6 cm L X 55.9 cm W X 77.9 cm H]

Total weight with stand - 137.5 lbs [62.3 kg]

Distance from outside of handle to outside of weight – approx. 4" [10.2 cm]



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