

CARDIO

PRODUCT CATALOG

SPRING 2015/PRIMAVERA/PRINTEMPS/FRÜHLING/VOORJAAR/ 春天 / 春



SCHWINN

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CARBON BLUE™



AC PERFORMANCE PLUS™



AC SPORT™



IC PRO20™



MPOWER™ ECHELON2 CONSOLE



CADENCE PRO CONSOLE



EDUCATION



GAUNTLET™



FREECLIMBER™



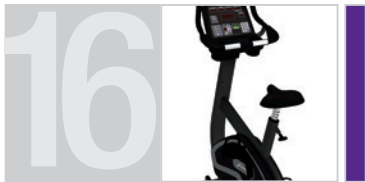
CONSOLE OPTIONS



CLUBTRACK™



TREADCLIMBER 5™



MOMENTUM U™



MOMENTUM R™



AIRFIT™



E10 ELLIPTICAL™



STEPMILL 3™



TWISTLOCK™

A CYCLE OF EXCELLENCE.



20 years ago, Schwinn launched a phenomenon with the first production bike designed specifically for indoor cycling. The bike set the standard for an entire industry – a standard that we've raised with each Schwinn innovation. Today, Schwinn bikes remain in a class by themselves. Our latest product line is a reflection of our renewed energy and continued commitment to intelligent design, quality manufacturing and authentic riding experiences. So take a look and see why the most demanding fitness enthusiasts in the world ride Schwinn.



INNOVATION, UNCHAINED.

The future of indoor cycling has arrived.

Introducing

CARBON BLUE™

A belt drive system combining unmatched durability with the authentic outdoor biking feel you expect from Schwinn.



REAL BIKE FEEL
Toothed belt provides the authentic cycling feel of a Schwinn



VIRTUALLY ZERO MAINTENANCE BELT
No lubrication, stretching or adjustments



GUARANTEED DURABILITY
Carbon fiber infused belt backed by a 5-year warranty

AVAILABLE ON BOTH AC BIKES



Watch the video: SchwinnCarbonBlue.com



FEATURES

- Performance Plus handlebars support all rider needs, from comfort to high-performance
- Magnetic resistance brake allows for smooth, consistent control
- Schwinn Fit System enables versatile seat and handlebar adjustments for refined positioning



Triple Link™ pedal

PEDAL FEATURES AND OPTIONS

- Triple Link™ pedal compatible to accommodate Look Delta and SPD style cleats
- Standard with Double Link pedals with SPD and toe-clip combinations



CONSOLE OPTIONS

- MPower™ Echelon2 Console - [learn more on pg 7](#)
- Cadence Pro Console - [learn more on pg 8](#)



DRIVE OPTIONS

- Chain
- Carbon Blue™ Belt

TECHNICAL SPECS

| | |
|---|--|
| Product Dimensions | 50" L x 21" W x 51" H (127cm x 53cm x 130cm) |
| Product Weight | 106 lbs (48.1 kg) |
| Max User Weight | 350 lbs (159 kg) |
| Frame Finish | Aluminum |
| Frame Color | Pearl White |
| Seat Slider, Handlebars & Hardware Materials | Aluminum |
| Drive System | Chain drive using forged steel crank and ISIS oversized bottom bracket OR Carbon Blue™ Belt Drive technology |
| User Compatible Size Range | Typically 4'11" to 6'8" (150 to 203 cm) tall |
| Console Options | MPower™ Echelon2 or Candence Pro |



FEATURES

- Performance handlebars support all rider needs, from comfort to high-performance
- Magnetic resistance brake allows for smooth, consistent control
- Schwinn Fit System enables versatile seat and handlebar adjustments for refined positioning



Triple Link™ pedal

PEDAL FEATURES AND OPTIONS

- Triple Link™ pedal compatible to accommodate Look Delta and SPD style cleats
- Standard with Double Link pedals with SPD and toe-clip combinations



CONSOLE OPTIONS

- MPower™ Echelon2 Console - [learn more on pg 7](#)
- Cadence Pro Console - [learn more on pg 8](#)



DRIVE OPTIONS

- Chain
- Carbon Blue™ Belt

TECHNICAL SPECS

| | |
|--|--|
| Product Dimensions | 43" L x 20" W x 45" H (109cm x 51cm x 114cm) |
| Product Weight | 126 lbs (57 kg) |
| Max User Weight | 350 lbs (159 kg) |
| Frame Finish | Zinc-plated Steel Frame Construction |
| Frame Color | Deep Silver |
| Seat Slider, Handlebars and Hardware Materials | Stainless steel plated slider and posts |
| Drive System | Chain drive using forged steel crank and ISIS oversized bottom bracket OR Belt Drive using Carbon Blue™ technology |
| Smart Release™ | Yes |
| User Compatible Size Range | Typically 4'11" to 6'8" (150 to 203 cm) tall |
| Console Options | MPower™ Echelon2 or Cadence Pro |

FEATURES

- Classic handlebar design with integrated water bottle holder
- Trapezoidal seat and handlebar design for rock-solid performance
- Perimeter-weighted flywheel with dual-pad brake technology



Triple LinkTM pedal

PEDAL FEATURES AND OPTIONS

- Triple LinkTM pedal compatible to accommodate Look Delta and SPD style cleats
- Standard with Double Link pedals with SPD and toe-clip combinations



CONSOLE OPTIONS

- Cadence Pro Console
learn more on pg 8

TECHNICAL SPECS

| | |
|--|--|
| Product Dimensions | 50" L x 22.5" W x 44" H (127 L x 57 W x 112 H cm) |
| Product Weight | 130 lbs (59 kg) |
| Max User Weight | 350 lbs (159 kg) |
| Frame Finish | Zinc galvanized and powder coated |
| Frame Color | Satin Black |
| Seat Slider, Handlebars and Hardware Materials | Stainless steel plated |
| Drive System | Chain drive using forged steel crank and ISIS oversized bottom bracket |
| User Compatible Size Range | Typically 4'11" to 6'8" (150 to 203 cm) tall |
| MPower TM Console Compatible | Cadence Pro Cycle Computer |



MPOWER™ ECHELON2 CONSOLE



Shown with Power Upgrade

FEATURES

- Large, easy-to-read display with all measurements on one screen
- All new Power Measurement Technology for our best performing system ever
- Multiple options for tracking rider workouts, including Wireless ANT+ and USB

The MPower™ Echelon2 Console is compatible with Schwinn AC bikes.

TECHNICAL SPECS

| | |
|------------------------|--|
| Console Dimensions | 7.1"L x 3"W x 1.9"D (18cm x 7.7cm x 4.8cm) |
| Display Dimensions | 1.7"L x 3.7"W (4.5cm x 9.4cm) |
| Display | LCD with button-activated backlight |
| Power | 2 C-batteries |
| Measurements Displayed | POWER (Watts), RPM (Cadence), KCal (Calories), Heart Rate (with Strap) STAGE Time, Distance, Power, and TOTAL Time |
| Gear | 1-36 |
| Compatibility | Compatible with the Schwinn® A.C.™ Series bikes |



A PERFECT PARTNER FOR YOUR BIKE

At Schwinn®, we're committed to designing bikes that deliver both an authentic experience to riders and lasting value to gym and studio owners. Our new Cadence Pro™ Console works seamlessly with **ALL** our bikes to give your riders the best results. With great user-friendly features like heart rate monitoring, summary displays and modes for personalizing data - the Cadence Pro™ is a perfect partner.



TECHNICAL SPECS

| | |
|-------------------------------|--|
| Console Dimensions | 5" L x 2.5" W x 1.5" H (11cm x 6.4cm x 2.5cm) |
| Case Color | Black |
| Power | Self-contained power supply. 3 AAA batteries (for computer) and 1 lithium ion (for cadence sensor). Batteries included. |
| Measurements Displayed | RPM and AVG RPM; HEART RATE, AVG HR and % of MHR (Maximum Heart Rate); TRAINING time, exercise session time, distance and KCAL |
| HR Monitoring | 5kHz (Polar) and ANT+ |
| Compatibility | Compatible with all Schwinn® Bikes |



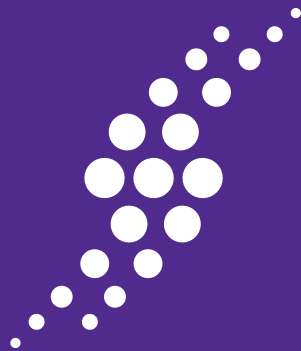
GET CERTIFIED



Schwinn® Fitness has come a long way since building the first indoor cycling bike. Today, in addition to manufacturing premium cycling equipment, we are a global organization of passionate Schwinn Master Instructors who educate thousands of instructors around the world every year. The bikes in your cycling room are only as good as the instructors who teach on them, that's why we are committed to developing cutting-edge programming and providing tools that can help any instructor elevate their class experience.

Visit SchwinnEducation.com for more information

WE'LL NEVER STOP CLIMBING.



StairMaster®

Since the development of the first stepping machine in 1983, StairMaster has grown into a legendary name in the gym. Over the past 30 years, we've expanded our product line and with it, our reputation for performance, comfort and the most innovative climber experience in the gym. Today, we continue to elevate our standards, offering a wide range of high-quality solutions that deliver real workouts and real results. After all, the most demanding fitness enthusiasts won't settle for anything less – and neither will we.



FEATURES

- Ergo-bar hand grip provides contact heart rate and integrated stop button
- Dual oversized water bottle holders allow for easy access
- Step-up assist for easy mount or dismount
- Optional touch-screen console lets you choose from 11 of the world's most recognizable landmarks as a goal for your climb



3 Console Options Available
learn more on pg 13



SMV-1™ TV Compatible
learn more on pg 13

TECHNICAL SPECS

Product Dimensions Product Weight Max User Weight Power Requirements Display

58" L x 34" W x 89" H (147cm x 86cm x 226cm)

343 lbs (156 kg)

350 lbs (159 kg)

Input Voltage 100-240 VAC 50/60 Hz 100 VA

Three choices of display:

- 1) 10" Touch Screen Console with Integrated TV Tuner (TSE-1)
- 2) 10" Touch Screen Console (TS-1)
- 3) Backlit LCD Console (D-1).

TV Option Workouts

15.6" digital television with HD capabilities (SMV-1)

The Landmark Challenge Program where users climb well-known landmarks from around the world like the Eiffel Tower, the Statue of Liberty and the Taj Mahal. Standard console programs are also included.

*Landmark Challenge feature available on the TSE-1/TS-1 Console Only

Warm Bar Functions Fitness tests Drive System

Contact Heart Rate sensors and stop button

Multi-stage Fit Test, CPAT Fire Fit Test and WFI StepMill® Test

Electronically controlled alternator, brake, and drive chain precisely control the stair speed, allowing a wide range of users to exercise smoothly within their comfort zones

Step Action Step Rate

Revolving staircase with eight steps, 8" (20cm) high, 9" (23cm) deep and 22" (56cm) wide

24 to 162 steps per minute

Heart Rate Monitoring

Polar® compatible wireless; contact sensors



FEATURES

- Ergonomically designed handrails provide natural movement that minimizes impact
- Integrated water bottle holder & accessory tray
- Contact and telemetry sensors provide heart rate feedback for optimized workouts
- Optional touch-screen console lets you choose from 11 of the world's most recognizable landmarks as a goal for your climb



3 Console Options Available

learn more on pg 13



SMV-1™ TV Compatible

learn more on pg 13

TECHNICAL SPECS

Product Dimensions

43" L x 27" W x 68" H (110cm x 69cm x 173cm)

Product Weight

155 lbs (70 kg)

Max User Weight

350 lbs (159 kg)

Power Requirements

Input Voltage 100-240 VAC 50/60 Hz 100 VA

FreeClimber with D-1 console can be run without being plugged into an external power source.

Display

Three choices of display:

- 1) 10" Touch Screen Console with Integrated TV Tuner (TSE-1)
- 2) 10" Touch Screen Console (TS-1)
- 3) Backlit LCD Console (D-1).

TV Options

15.6" digital television with HD capabilities (SMV-1)

Workouts

10 programs - Quick Start, Manual, Fat Burner, Calorie Burner, Speed Intervals, Custom Intervals, Random Intervals, Heart Rate Intervals, Calorie Goal, Heart Rate Zone Trainer

Fitness Tests

Multi-stage Fit Test & CPAT Fire Fit Test

Drive System

Electronically controlled alternator with chain drive precisely controls the pedal descent, allowing a wide range of users to exercise smoothly within their comfort zones

Step Action

Patented, independent pedal geometry with four-bar linkage keeps pedals level, ensuring a safe, biomechanically correct movement

Step Range

1" to 14" (2.5cm to 36cm)

Step Rate

26 to 174 steps/minute

Heart Rate Monitoring

Polar® compatible wireless; contact sensors

CONSOLE OPTIONS

FOR THE GAUNTLET & FREECLIMBER



TS1/TSE-1

TSE-1 Console

- 10" touch screen console with integrated TV tuner
- Attractive and intuitive LCD display
- Integrated TV tuner allows television viewing during workout
- Landmark Challenge engages users as they watch their progress up well-known landmarks from around the world
- Integrated iPod/iPhone/iPad connectivity with video playback, audio controls and charging capabilities

TS-1 Console

- Provides all the same functionality of the TSE-1 display without the integrated TV tuner



D-1

D-1 Console

- Backlit LCD display
- User friendly interface with over 25 different workout combinations
- Includes CPAT firefighter test and heart rate control programs

SMV-1™ LCD DIGITAL TELEVISION

- Compatible with any StairMaster console option
- 15.6" digital LCD screen with 16:9 ratio
- Worldwide digital and analog tuner options
- Display designed specifically to handle the facility environment
- Integrated function key pad for direct access to channel selection



FEATURES

- Triple cell cushioning system provides maximum shock absorption
- User-friendly console featuring a large message window AND 12 user-specific workout programs
- Comfortable handle design to accommodate a wide range of users

CONSOLE FEATURES:

- Dedicated: Time, distance, incline, speed, heart rate & course profile
- Scrolling: Calories, METs, course profile
- Personal cooling fans
- 12 programs including Dynamic Heart Rate Control®, Constant Heart Rate Control, Quick Start, Burn Calories, Manual, Increase Endurance, Fitness Test & Firefighter Test



TECHNICAL SPECS

| | |
|------------------------------|---|
| Product Dimensions | 81" L x 32" W x 60" H (206 L x 81 W x 152 H cm) |
| Running Surface | 60" x 21.5" (152 x 54.6 cm) |
| Product Weight | 576 lbs (261 kg) |
| Max User Weight | 500 lbs (227 kg) |
| Frame | Black steel frame |
| Power Requirements | 110 volt, dedicated NEMA 5-20 cord (20 amp); 220 volt, dedicated NEMA 6-15 cord (15 amp) (optional) |
| Suspension | Soft Trac® triple cell neoprene rubber, deck System: Reversible 1" (2.5 cm) composite fiberboard, waxing not required |
| Rollers | 3.5" (9 cm) sealed bearings |
| Incline Range | 0 to 15% in 0.5% increments |
| Speed Range | 0.5 to 12.5 mph (0.8 to 20 km/h) in 0.1 mph (0.1 km/h) increments |
| Display | Intuitive, tactile response keypad with LED technology |
| Standard Features | Personal cooling fans, dedicated heart rate display, safety lanyard |
| Heart Rate Monitoring | Polar® Telemetry and Contact Heart Rate System |



FEATURES

- Burns 2x the calories in the same time as walking on a standard flat treadmill at the same speed
- Easy-to-navigate, touchpad console featuring motivating programs
- Stationary back step for ease of entry/exit
- Built-in adjustable cooling fan and water bottle holders



CONSOLE FEATURES AND OPTIONS

- Several preset programs, adding variety and challenges to each workout — set goals for Time, Calories or Distance
- Two heart rate training programs, including Heart Rate Intervals
- Easily accessible Hot Bar® with one-finger speed and incline controls, integrated stop button and contact heart rate grips



SMV-1™ TV Compatible

learn more on pg 13

WATCH THE VIDEO: TREADCLIMBER5.COM

TECHNICAL SPECS

| | |
|-----------------------------|--|
| Product Dimensions | 83" L x 36" W x 69" H (210cm x 91cm x 175cm) |
| Walking Surface | 52" x 9" (132cm x 23cm) x 2 |
| Product Weight | 700 lbs (318 kg) |
| Max User Weight | 350 lbs (159 kg) |
| Power Requirements | 110-volt, dedicated NEMA 5-20 cord; 220-volt, dedicated NEMA 6-15 cord |
| Display | Intuitive display with LED technology; 20-character message window — speed and incline, time elapsed, calories burned, distance traveled, course profile, heart rate |
| Goal- Based Programs | Time, Calories, Distance |
| Workouts | Quick Start; Goal-based Programs: Time, Calories, Distance; Profiles: Intervals, Rolling Hills; Heart Rate Training Programs: Constant Heart Rate Control, Heart Rate Intervals; Cool Down |
| Drive System | 5 HP AC motor drive and electronically controlled alternator with belt drive precisely control the treadle ascent/descent |
| HR Monitoring | Polar® compatible wireless; contact sensors |
| Languages Available | English, German, French, Italian, Spanish, Dutch, Portuguese and Japanese |



FEATURES

- Easy-Up seat adjust for simple seat position changes
- 3-piece patent pending bottom bracket and pedal system
- Personal adjustable fan creates a more comfortable workout

CONSOLE FEATURES:

- Dedicated: Time, RPM, distance, heart rate, course profile & resistance level
- Scrolling: Calories/METs (automatic toggle)
- Personal cooling fan
- 10 programs including Dynamic Heart Rate Control®, Constant Heart Rate Control, Quick Start, Manual, Burn Calories, Increase Endurance, Burn Fat, Calorie Goal, Distance Goal, Fitness Test

TECHNICAL SPECS

| | |
|------------------------------|---|
| Product Dimensions | 46" L x 23" W x 71" H (117 L x 58 W x 180 H cm) |
| Product Weight | 176 lbs (80 kg) |
| Max User Weight | 350 lbs (159 kg) |
| Frame | Black Steel Frame |
| Pedals/Crank | One-piece crank with sealed bearings, dual-sided pedal, extra long 14" pedal straps with in-line skate-style clip |
| Power Requirements | Self-contained power supply, no external power needed. |
| Readouts | 4-character message window, Dedicated: Time, RPM, distance, heart rate, motivational track, course profile, resistance level, Scrolling: Calories/METs (automatic toggle) |
| Programs | 10 programs including Dynamic Heart Rate Control®, Constant Heart Rate Control, Quick Start, Manual, Burn Calories, Increase Endurance, Burn Fat, Calorie Goal, Distance Goal, Fitness Test |
| Standard Features | Personal cooling fan, dedicated heart rate display, easy ratchet seat adjust, rubber comfort racing position, oversize font on display, and CSAFE data port. |
| Heart Rate Monitoring | Polar® Telemetry and Contact Heart Rate System |



FEATURES

- Armrests alleviate tension in the shoulders and allow for a more relaxed posture
- 3-piece patent pending bottom bracket and pedal system
- Walk-through design and intuitive wrap-around seat adjust allow users to access and change seat position with ease

CONSOLE FEATURES:

- Dedicated: Time, RPM, distance, heart rate, course profile & resistance level
- Scrolling: Calories/METs (automatic toggle)
- Personal cooling fan
- 10 programs including Dynamic Heart Rate Control®, Constant Heart Rate Control, Quick Start, Manual, Burn Calories, Increase Endurance, Burn Fat, Calorie Goal, Distance Goal, Fitness Test

TECHNICAL SPECS

| | |
|------------------------------|---|
| Product Dimensions | 66" L x 28" W x 53" H (167 L x 71.12 W x 134.6 H cm) |
| Product Weight | 212 lbs (96 kg) |
| Max User Weight | 350 lbs (159 kg) |
| Frame | Black Steel Frame |
| Pedals/Crank | One-piece crank with sealed bearings, dual-sided pedal, extra long 14" pedal straps with in-line skate-style clip |
| Power Requirements | Self-contained power supply, no external power needed. |
| Readouts | 4-character message window, Dedicated: Time, RPM, distance, heart rate, course profile, resistance level Scrolling: Calories/METs (automatic toggle) |
| Programs | 10 programs including Dynamic Heart Rate Control®, Constant Heart Rate Control, Quick Start, Manual, Burn Calories, Increase Endurance, Burn Fat, Calorie Goal, Distance Goal, Fitness Test |
| Standard Features | Personal cooling fan, dedicated heart rate display, walk-through design, armrests, wrap-around seat adjust, age-friendly, oversize font on display |
| Heart Rate Monitoring | Polar® Telemetry and Contact Heart Rate System |

FEATURES

- Dual action wind resistance provides a total body workout
- Bright user-friendly LED display with key metrics
- Large cushioned seat for comfort and support
- Backed by a leading full commercial warranty

CONSOLE FEATURES AND OPTIONS

- Bright user-friendly LED display with key metrics:
 - Time
 - Speed
 - Distance
 - Watts
 - Heart Rate
 - Calories
 - RPM



TECHNICAL SPECS

| | |
|------------------------------------|--|
| Product Dimensions | 51"L x 29"W x 58"H (129cm L x 73cm W x 147cm H) |
| Product Weight | 123.5 lbs (56 kg) |
| Max User Weight | 350 lbs (159 kg) |
| Frame Finish | Steel Frame |
| Frame Color | Hammertone Black |
| Seat Slider and Hardware Materials | Stainless Steel |
| User Compatible Size Range | Typically 4'11" to 6'8" (150 to 203 cm) tall |
| Display Power Requirement | 2 AA batteries (included) |
| Display Measurements | RPM, Time, Speed, Distance, Watts, Heart Rate (with compatible HR strap), Calories |
| Resistance | Wind Resistance |

FEATURES

- Articulating foot platforms help keep toes from going numb
- Industrial grade poly-V belt provides nearly silent operation and maintenance-free performance
- 3 position handle design to accommodate a wider range of users



CONSOLE FEATURES:

- Display measurements: Time, Speed, Calories, Heart Rate, Distance, Watts, METS, Strides per Minute and Resistance Level
- Personal cooling fan
- A variety of program options including goal based programs, HR Controlled and more

TECHNICAL SPECS

| | |
|------------------------------|---|
| Product Dimensions | 86" L x 38" W x 66" H (218 L x 97 W x 167 H cm) |
| Product Weight | 288 lbs (131 kg) |
| Max User Weight | 400 lbs (181.4kg) |
| Drive System | Deep groove double sealed for life ball bearings for the smoothest, quietest, most reliable motion possible |
| Power Requirements | Self-contained power supply, no external power needed. |
| Readouts | Time, Speed, Calories, Heart Rate, Distance, Watts, METS, Strides per Minute and Resistance Level |
| Programs | 10 programs including Dynamic Heart Rate Control®, Constant Heart Rate Control, Quick Start, Manual, Burn Calories, Increase Endurance, Burn Fat, Calorie Goal, Distance Goal, Fitness Test |
| Standard Features | Personal cooling fan, dedicated heart rate display, oversize font on display, and CSAFE data port |
| Heart Rate Monitoring | Polar® Telemetry and Contact Heart Rate System |



FEATURES

- Compact design to fit 8-foot ceilings and standard doorways
- Easy-to-navigate console featuring motivating programs and features on a large, backlit LCD
- Low initial step for easy access and exit
- Light commercial and home use warranty

FOR LIGHT COMMERCIAL & HOME USE



CONSOLE FEATURES AND OPTIONS

- Comes standard with a large backlit LCD display console pre-programmed with over 25 motivating workout combinations
- Track activity and receive feedback, including total workout time, calories burned, Watts produced and floors climbed
- Contact heart rate sensors on the handrails, and the included Polar[®] chest strap sensor, allow continuous monitoring of heart rate



SMV-1[™] TV Compatible

learn more on pg 13

TECHNICAL SPECS

| | |
|------------------------------|--|
| Product Dimensions | 46" L x 29" W x 73" H (117cm x 74cm x 185cm) |
| Product Weight | 223 lbs (101 kg) |
| Max User Weight | 300 lbs (136 kg) |
| Power Requirements | Input Voltage 100-240 VAC 50/60 Hz 100 VA |
| Display | Backlit LCD Console |
| Workouts | Standard console programs |
| Drive System | Electronically controlled alternator, brake, and drive chain precisely control the stair speed, allowing a wide range of users to exercise smoothly within their comfort zones |
| Step Action | Revolving staircase with six steps, 6" (15cm) high, 9" (23cm) deep and 17" (43cm) wide |
| Heart Rate Monitoring | Polar [®] compatible wireless; contact sensors |



FEATURES

- Handle starting weight of just 5 lbs – the most compact available
- Contoured and textured handles provide a comfortable and secure grip
- Highly visible weight selection windows on both ends of the handle
- Optional easy access stand is available

FOR HOME USE

PRODUCT FEATURES AND OPTIONS

- Comes standard with aluminum weight cradles for easy access and secure storage of the dumbbells
- Includes a FREE Exercise Guide, complete with 20 distinct exercises enabling a total-body workout for users of all fitness levels

TWISTLOCK DUMBBELL STAND

Sold separately

- Heavy-duty, powder-coated steel frame
- Allows you to mount TwistLock Dumbbell cradles at the optimal height for quick and easy access
- Encourages proper lifting form and less back strain
- Ensures that dumbbells will always be kept securely in place

DUMBBELL AND CRADLE SPECS

| | |
|--|---|
| Weight range | 5 to 50 lbs (2.2 to 22.7 kg) each dumbbell (kilogram version available) |
| Weight increments | 5, 10, 15, 20, 25, 30, 35, 40, 45, 50 lbs |
| Size range | 5 lbs (2.2 kg) starting weight is only 9.3" (23.6 cm) long, length increases with additional weight |
| Includes | 2 dumbbells, 2 cradles and exercise guide |
| Product dimensions (5 lb handle only) | 9.4" L x 3.5" W x 3.5" H (23.8cm x 9cm x 9cm) |
| Product dimensions (50 lb dumbbell only) | 14.5" L x 7.9" W x 7.5" H (36.6cm x 19.8cm x 19.1cm) |
| Product dimensions (1 cradle only) | 16" L x 9.1" W x 3.6" H (40.8cm x 23.2cm x 9.2cm) |
| Product dimensions (50 lb dumbbell in cradle) | 16" L x 9.1" W x 8" H (40.8cm x 23.2cm x 20.3cm) |
| Product weight (2 dumbbells with 2 cradles) | 103 lbs (46.8 kg) |
| Total shipping weight (2 dumbbells with 2 cradles) | 108.6 lbs (49.4 kg) |
| Shipping info | Ships in 2 cartons – each carton contains one dumbbell with one cradle |
| Parts Warranty | 2 years (Residential Use Only) |

DUMBBELL STAND SPECS

| | |
|---|--|
| Dumbbell Stand dimensions (stand only) | 22" L x 33.5" W x 25" H (55.7cm x 84.5cm x 63.4cm) |
| Dumbbell Stand weight (stand only) | 21.7 lbs (9.9 kg) |
| Dumbbell Stand shipping weight (stand only) | 25.1 lbs (11.4 kg) |

www.StairMaster.com